



TEACHER NOTES

*KS3 and upwards
science and food technology*

Timing - 10 - 15 minutes

*Pupil activity sheet I2 accompanies
this activity.*

I2. Guess the foods from these labels

Pupils are given copies of labels from food packaging which list the ingredients in the foods. Pupils use this information to identify the foods concerned.

If you wish to make this easier, the pupils could be given a list of foods including the correct names from which to choose their answers, or you may like to use pictures or the parts of the labels with names on them.

Answers to Pupil activity sheet I2:

- A - baked beans (in tomato sauce)
- B - barbecue flavour 'Hoops' (snacks)
- C - cornflakes
- D - egg custard tarts
- E - ice cream
- F - malted milk biscuits
- G - naan bread (peshwari)
- H - mayonnaise (and mustard) dressing
- I - polo mints

Read the labels and see if you can guess the foods described.

INGREDIENTS A

haricot beans, water, tomato puree, sugar, modified starch, salt, spices

INGREDIENTS B

dried potato, vegetable oil, potato starch, barbecue beef flavour (flavourings, flavour enhancer: E621, E635), salt

INGREDIENTS C

maize, sugar, salt, niacin, iron, vitamin B₆, riboflavin (B₂), thiamin (B₁), folic acid, vitamin D, vitamin B₁₂

INGREDIENTS D

whole milk, wheat flour, egg (14%), sugar, vegetable oil and hydrogenated vegetable oil, vegetable margarine, dextrose, salt, nutmeg, flavourings, colours (beta-carotene, caramel)

INGREDIENTS E

fresh whole milk, double cream, sugar, skimmed milk powder, glycerine, eggs, emulsifiers (mono- and di-glycerides of fatty acids), stabilisers (sodium alginate and guar gum)

INGREDIENTS F

wheat flour, vegetable oil, sugar, malt extract, whole milk powder, salt, raising agents (sodium bicarbonate, ammonium bicarbonate), flavourings

INGREDIENTS G

wheat flour, water, sugar, desiccated coconut, apple puree, oil, cinnamon, salt, clarified butter, skimmed milk powder, sesame seeds, spices, raising agents (disodium dihydrogen phosphate, sodium bicarbonate), preservative (calcium propionate), black onion seed, yeast

INGREDIENTS H

water, vegetable oil, spirit vinegar, mustard seed, salt, modified starch, egg & egg yolk, sugar, flavourings, cream, stabilisers (xanthan gum, guar gum), spices, lemon juice, preservative (potassium sorbate), colour (beta-carotene), white wine, mustard flour, citric acid, tartaric acid, antioxidant (BHA)

INGREDIENTS I

sugar, glucose syrup, modified starch, stearic acid, mint oils