## Food Additives – Discussion Activity

## Fact or Fiction

Understanding the difference between fact and fiction based on evidence is an important skill. This activity allows pupils to challenge their application of knowledge, especially as there is no right or wrong answer and makes them more confident individuals.

Method

1. Pupils are given a series of cards with core statements about the subject.
2. They are given the opportunity to discuss the statements and place them in the agreed pile (good idea, bad idea or unsure).
3. Each group is allowed to present their findings to the whole class giving their reasons for their choices.



Variation

Each card can be used to generate further research and again the groups are given the opportunities to present their findings.

*The cards for this activity can be found on the following pages*

Good Idea

Not Sure

Bad Idea

1. Additives can be used to keep food fresh for longer

2.Additives can be used to make food more convenient to eat

3.Additives can be used to improve your health

4.Additives can be used to make foods hold more water so they weigh more

6.Additives can be used to improve flavour so cheaper ingredients can be used

7.Salt is often added to food to improve the flavour

8.Vitamins & minerals are often added to breakfast cereals

5. Additives can be used to make food look more tasty and appetising

10.magnesium carbonate is added to salt to absorb water and keep it flowing

11.Calcium propanoate is added to bread to stop it going mouldy as quickly

12.Raspberry ice pops have blue food colouring in them so they are not confused with strawberry

9.Shellac (a type of wax extracted from beetles) is used to give the shiny coating on sweets

15.Salt can be extracted by evaporating sea water but most is obtained from rock salt

13.Ascorbic acid (Vitamin C) is found in citrus fruits. The Vitamin C added to foods is made chemically from glucose

16.Monosodium glutamate is a common flavour enhancer, found in eg mushrooms. It is now made by bacterial fermentation.

14.The flavour of banana is due to amyl acetate. Banana flavouring in sweets is made chemically.