

ACTIVITY ONE

FOOD STORY CLUES

Name _____

Date _____

Every food has a story, but for many foods that story is a mystery. Labels and packaging are good places to start investigating the story behind food. Select a label and answer the following questions.

1. Name of food: _____

2. Is this a whole food or processed food? _____

3. How many ingredients are listed on the label? _____

4. What are the top 3 ingredients (besides water)?

a. _____ b. _____ c. _____

5. What plants or animals is each of these 3 ingredients made from?

HINT: If you can't tell from the label, check a dictionary or the Internet.

a. _____

b. _____

c. _____

6. Where might each ingredient or the whole food have originated?

HINT: If you can't tell from the label, use an atlas or the Internet to find out the three U.S. states or world countries where that plant or animal is most commonly raised.

Origin of whole food: _____

Or, origin of the 3 top ingredients:

a. _____ b. _____ c. _____

7. Where might this food have been processed?

HINT: Look on the label for clues such as “A product of _____” or distributor information. For dairy products, find the five-digit code next to the expiration date and type it in at this website: <http://whereismymilkfrom.com>.

8. What clues does the package label give about disposal?

HINT: Look to see if the package is recyclable or compostable.

9. What else can you tell about this food's story from the label or package?

10. What people are included in this food's story?

11. How does this food's story affect the health of the environment?
