

You Are What You Eat - Activity Card

What is a processed food? -

Processed foods are not just microwave or ready meals, they are any foods which have been altered in some way.

Not all processed foods are unhealthy, some foods need processing to make them safe, such as milk which needs to be pasteurised. However, some processed foods can contain high levels of salt, sugar and fat.

Food labels help us to be able to identify how much of these ingredients are in processed foods.

The Challenge -

Can you identify any **natural** or **whole foods**? These are foods which have not be changed or alerted and will only have one ingredient.

Now can you identify the same food in a processed form? This will include a number of different ingredients and methods such as -

Freezing

Canning

Curing

Baking

Drying

Smoking


The final stage is ultra-processed foods, these are foods that contain ingredients you wouldn't add when making homemade food and have very little or none of the original natural or whole foods. Can you think of any foods that this would apply to?

How many ingredients have you found in each? Use the food labels on the packaging to help.

Extension Home Learning - Sugar - Good or Bad?



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Natural / Whole Food	Processed Food	Ultra Processed Food
Example - Tomatoes 	Example - Pasta Sauce 	Example - Pizza 
Number of Ingredients - 1	Number of Ingredients - 16	Number of Ingredients - 26
Number of Ingredients -	Number of Ingredients -	Number of Ingredients -
Number of Ingredients -	Number of Ingredients -	Number of Ingredients -