

Tasks for children and families:

After a weekly food shopping for food in the supermarket;

1. Analyze the labels and make a list of additives. Classify the food in two groups:

How many products did you buy?	
How many of them contain additives?	
How many of them don't contain additives?	

2 Classify the additives: How many did you find?

Antioxidants (E- 3XX)	
Acids, basis and salt (E-5XX)	
For textures (E-4XX)	
Preservatives (E-210 to 213)	
Sulphites (E-20 to 28)	
Nitrites and nitrates (E249 to 252)	
Sweeteners (E- 950 to 969)	
Colorants (E- 1XX)	
Flavours enhancers (E-620 to 650)	