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# FOOD MATTERS

## Processed Foods

### **Dig Deeper**

After reading this book, what questions do you have about processed foods? Are you curious about common ingredients in processed foods? Do you wonder how some processed foods are made? Write down three questions you have about processed foods. Then ask an adult to help you find a few reliable sources to answer these questions. Write a short journal entry about how you did your research and what you learned from it.



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### Another View

This book contains a great deal of information about processed foods. However every source is different. Ask a trusted adult to help you find another resource about processed foods. Then write a short essay comparing and contrasting the different points of view of each source.



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### Why Do I Care?

Much of the American diet consists of processed foods. How does this affect you? After reading this book, what have you learned about which processed foods to avoid? Which processed foods are helpful in your life?



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### Take a Stand

This book discusses careers in food science. Some people feel food scientists are harming public health by creating more fatty and sugary processed foods. Others feel food scientists can help the public by producing more healthy processed food options. Take a stand on this issue, and then write a short essay explaining your opinion.



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