

## Food Worksheets



### The Five

# N s

In her book, *Eat Up: Healthy Food for a Healthy Earth*, Candace Savage has listed five simple words to help us choose foods that are healthy for us and the environment. These words are:

#### **NUTRITIOUS**

Foods that nourish you and help you to stay healthy.  
Candace Savage refers to them as foods you **NEED** to keep you healthy.

#### **NATURAL**

Foods that when we eat them closely resemble how they looked upon harvest.

#### **NEAR**

Foods that are grown in your local area or region.

#### **NOW**

Foods that are grown in season, are fresh, or in winter are canned or frozen.

#### **NAKED**

Foods with little or no packaging.

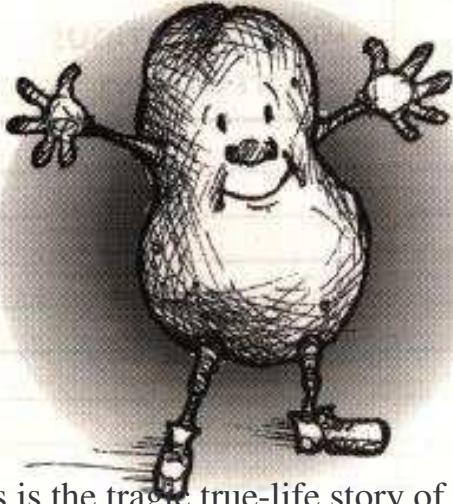
### 1. NUTRITIOUS

Food that is nutritious is healthy for you and helps you to grow. Generally, nutritious food is food that is natural, or lightly processed. Natural foods keep most of their ability to nourish you. They do not contain additives. The second part of a nutritious diet is a wide variety of foods—different food groups, colours, textures, shapes—eat as many different types of food as possible.<sup>3</sup>

a) Using your list of lunch items, improve your lunch menu.

FOOD GROUP	LUNCH ITEM	MORE NUTRITIOUS ALTERNATIVE
<b>Meat Alternatives</b>		
<b>Meat</b>		
<b>Dairy Products</b>		
<b>Fruits</b>		
<b>Vegetables</b>		
<b>Grain Products</b>		
<b>Others</b>		

## b) Shed a Tear, Good Reader, for Poor Sylvester Spud



This is the tragic true-life story of good Sylvester Spud, who started life as a healthy food and ended his days as junk. Can you see from the pictures how Sylvester's story is also sad for the environment? When we grow good food and then ruin it through overprocessing, we use up the goodness of the earth and get nothing for it.

Sylvester was grown on a farm and came out of the ground packed with food value. He had a lot to offer. If you had eaten him then and there, he would have helped you grow strong muscles or given you the energy to win a race. His greatest ambition was to put his goodness to work by becoming a baked potato.

Sadly, Sylvester's noble dream was not to come true. One day, as he was thinking about whether he'd rather be eaten with chives or without, a truck pulled up to the farm and

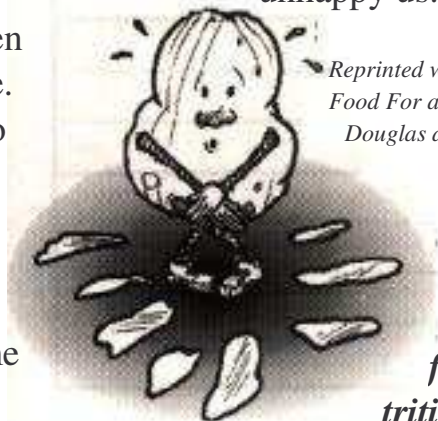
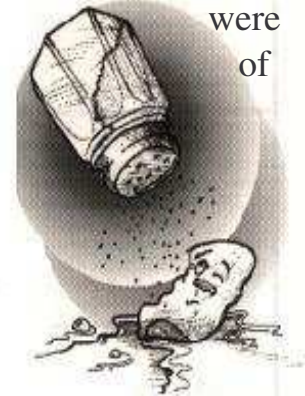
whisked Sylvester off. The next thing he knew, he had been dumped at the door of a potato chip factory.

Alas, poor Sylvester. First he was peeled, and his peels were thrown away. Much of his goodness was thrown in the garbage.

Sylvester was sliced, cooked in fat and coated with salt. The heat destroyed more of the vitamins of which he had once been so proud. Worse yet, the fat and salt that were added to him made him a health hazard. Now when someone ate him, he would put an extra strain on that person's heart.

Sylvester's chips were packed in a bag. Chemicals were added to the package to keep the chips from getting stale. Sylvester knew that these additives could be bad for people.

Poor, unhappy Sylvester Spud. Poor, unhappy us.



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**Choose a junk food.  
Write a story like  
"Sylvester Spud" about a  
food that wanted to be nu-  
tritious, but in the end, wasn't.**

**Suggestions: Henry Hotdog, Winnifred  
White Bread, Chester Cheese Stick,  
Frankie French Fry.**

2. **NATURAL**

The word processing means to change, or alter something. With food, this includes a great many things! Check the **Tree of Life posters** for some of the ways food is processed. Refer back to your lunch. List the processes that your lunch went through.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Processing food can be good. It can make food safe (pasteurizing milk), it can make food last longer (canned foods), it can make food more interesting to eat (pasta instead of flour) and it can make food convenient and quick to prepare. Too much processing, though, can take much of the goodness out of food and add things like extra sugar, salt, fat and additives. Additives are things like colour, artificial flavour and preservatives. <sup>4</sup>



*Listed below are six ingredient labels from everyday grocery items. Read the ingredients and try to figure out what food they describe. Draw a picture of the product beside the label and record the food items in your portfolio .*

**Product 1:**

**Name:**

**Ingredients:**

- enriched wheat flour
- made from modified milk ingredients
- cheese (milk, bacterial artificial culture, salt, rennet pepsin and/or microbial enzyme, calcium chloride, lipase)
- salt
- sodium phosphates
- citric acid
- colour (tartrazine)
- lactic acid

**Product 2:**

**Name:**

**Ingredients:**

- enriched flour
- sweet chocolate chips (sugar, chocolate, cocoa butter, dextrose, soya lecithin, flavour)
- sugar
- shortening (vegetable oil lipase and/or lard)
- frozen whole egg
- glucose-fructose or liquid invert sugar
- modified milk ingredients
- baking soda
- salt
- ammonium bicarbonate
- artificial flavour

**Product 3:**

**Name:**

**Ingredients:**

- rolled oats
- naturally contains oat bran

**Product 4:**

**Name:**

**Ingredients:**

- specially selected potatoes
- vegetable oil
- salt (may contain traces of peanut oil)

**Product 5:**

**Name:**

**Ingredients:**

- pork
- mechanically separated meats (chicken, pork, beef)
- beef
- bacon
- water
- modified starch
- salt
- flour
- soya protein
- modified flour
- dextrose
- sodium phosphate
- spices
- sodium erythorbate
- sodium nitrate
- smoke flavour

**Product 6:**

**Name:**

**Ingredients:**

- water
- enriched wheat flour
- part skim mozzarella cheese (milk ingredients bacterial culture, rennet)
- tomato paste
- mushrooms
- pepperoni
- red & green peppers
- vegetable oil
- dehydrated onion
- dry yeast
- sugar
- salt
- modified corn starch
- spices
- xanthan gum
- garlic powder
- dextrose
- hydrolyzed plant protein
- flavour
- colour
- potassium sorbate



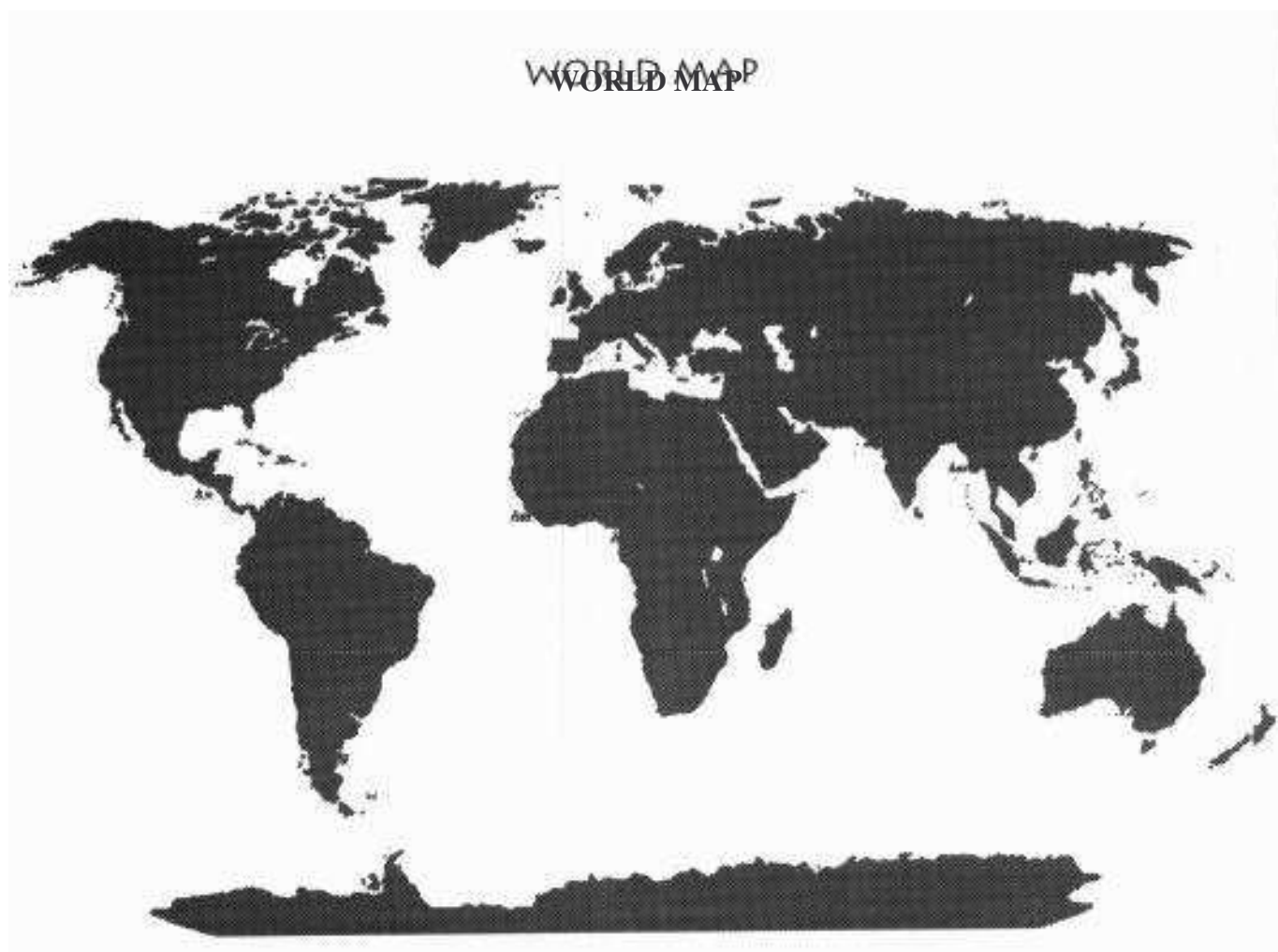
*Break each product into the following headings: sugars, salts, fats, colour, flavours, preservatives and general ingredients. What ingredient appears most often in your list for each product? Refer to the Tree of Life posters for instructions on reading a label.*

### 3. NEAR

Locally grown foods require minimum transportation time, which means less energy used, less pollution produced in transportation and healthier, better-tasting food. Eating foods that are grown and processed nearby means eating foods that are at their best for freshness and price—while supporting local farmers and the local economies.

#### *What is local food?*

Indicate where the various elements of your group's lunch came from on this world map. To find where foods are grown and manufactured, look on the package label for addresses, look for signs in the grocery store listing where food is from, call the manufacturer or look up foods in the encyclopedia.



4. **NOW**

Now is very dependent on near. Now means eating foods that are grown in season, and eating food that is locally stored in winter. Now helps us to buy foods that are fresher and cheaper. Now means limiting the amount of food we eat that is "imported" or preserved. Preserving and importing foods can use a great deal of energy. Many locally grown foods, like vegetables, will last for months when stored in a cool place.

In winter, this means there will be fewer choices. Now does not mean that you should not have preserved foods to keep your diet healthy. It may be best to eat locally grown and locally processed foods through all the seasons. Winter is always a challenge, so we can eat frozen or canned fruits and vegetables, and rely on storage crops like apples, potatoes and carrots. It does mean think about your choices carefully to lessen your food impact.

*List 25 foods that are grown locally, and list the season when they are available. Ask your parents or friends, look at the foods in a farmers' market, look in a local garden and ask your local grocer for suggestions.*

**Locally Grown Food**

**Season(s)**

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