Food Detective's Notebook

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. Guess from which plants or animals (the Whole Food) this food might have started. Draw a picture:

6. Where might this food have been processed?

HINT: Look on the label for clues such as "A product of _____":

_____

7. Draw a picture of how you think this food got to us. (Boat? Plane? Train? Truck?)