Food Detective

UNIT: Environmental and Agricultural Concepts

Overview

Students investigate prepared food products to determine what a food is made from, the source of its ingredients, and how the ingredients were grown. A follow up discussion focuses on the environmental impacts of using various food ingredients.

# Objectives

1. Identify the ingredients in a food product by reading the label.
2. Determine the natural source of food ingredients.
3. Discuss the environmental impacts of using various food ingredients.

# Activity

1. Read the background information below.
2. Fill out the [Food Detective Ingredient Chart](https://learn2.stem101.org/mod/url/view.php?id=23578) with a partner.

# Background Reading

# The food that is available in a supermarket comes from all over the world. Historically, food was produced and distributed locally. Now, food products in supermarkets could have been grown thousands of miles from where they are purchased and consumed.

# Often when looking at a packaged food product, it is hard to determine where the ingredients came from. You have to be a food detective to determine the source of your food. There are several clues that may help you in your search.

# Start with the food label. The label provides information on the ingredients of the food and should provide the name and location of the product manufacturer or distributor. If the food was produced in another country, for example Italy, the label may say “Product of Italy.” This holds true for most countries. If the ingredients came from other countries and the food product was manufactured in the United States, the label may not tell the source of each ingredient. Fruits and vegetables are generally seasonal. Although some produce items are available all year, they may be more expensive and of lower quality when out-of-season. By changing the source of the fruit or vegetable, the season for the item at the supermarket can be extended. For example, Chile provides fresh grapes during the off-season in the United States. Chile is in the Southern Hemisphere and has seasons opposite ours: when it is winter here, it is summer there. Controlled environments are also used to extend the season of some fruits and vegetables. Apples, for example, can be stored in low oxygen, high carbon dioxide environment and remain crisp and edible for the whole year. Also, some vegetables such as tomatoes, lettuce, and cucumbers are grown in greenhouses during the winter.

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| Examples of Fruits and Vegetables Available in Each Season in the United States | | | |
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| Winter | **Spring** | **Summer** | **Fall** |
| Avocados  Brussels sprouts  Cabbage  Cauliflower  Grapefruit  Potatoes  Parsnips  Oranges | Artichokes  Asparagus  Broccoli  Lettuce  Mushrooms  Papayas  Peas  Pineapples  Radishes  Strawberries  Sweet potatoes | Beans  Apricots  Beets  Blueberries  Lemons  Limes  Corn  Cherries  Peaches  Peppers  Plums  Summer squash  Tomatoes  Zucchini squash | Apples  Grapes  Melons  Pears  Pumpkins  Squash |

# In the produce department where food generally does not have labels, you can ask the produce manager about the source of particular items. With prepared foods, it is often hard to determine the sources of all the ingredients. For example, chocolate is in many products and it is produced from the seedpods of cacao trees grown in many tropical environments.

# It is interesting to see how food is produced and what is involved in getting food from the point of production to the table.

# Credit

# This activity is from Agriculture in the Classroom: [*Be a Food Detective*](https://learn2.stem101.org/mod/url/view.php?id=23579).