



Task Title: Reading Food Labels to Review Ingredients

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes No

Goal Path: Employment Apprenticeship

Secondary School Post Secondary Independence

Task Description: The learner will review sandwich meat ingredients at a deli counter and answer questions.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.1

Materials Required:

- Pen/pencil and paper and/or digital device

Task Title: ReadingFoodLabelsToReviewIngredients_I_A2.1

Learner Information

Many people review ingredient lists to make choices about which food to eat. They may wish to choose healthier options, or may have dietary restrictions or allergies.

Review “Main Street Deli: Sandwich Meat Ingredients”.

Main Street Deli: Sandwich Meat Ingredients

<p>Beef Breakfast Sausage</p> <p>Ingredients: Beef, water, salt, flavouring, dextrose, monosodium glutamate.</p>	<p>Beef Wieners</p> <p>Ingredients: Beef, water, dextrose, salt, corn syrup, spices and flavouring, hickory smoke flavouring, sodium lactate, sodium citrate, sodium nitrite.</p>
<p>Sliced Braunschweiger</p> <p>Ingredients: Pork, smoked bacon (cured with water, salt, sugar, sodium phosphate, sodium ascorbate, sodium nitrite), dehydrated onions, dextrose flavouring, sodium nitrite.</p>	<p>Spam Luncheon Spread</p> <p>Ingredients: Pork shoulder meat with ham added, salt, water, sugar, sodium nitrite, flavouring.</p>
<p>Cotto Salami</p> <p>Ingredients: Pork, beef, water, salt, corn syrup, dextrose, ascorbic acid, sodium nitrite.</p>	<p>Chicken Spread</p> <p>Ingredients: Chicken broth, chicken, vegetable shortening, starch, corn starch, salt, dehydrated onions, monosodium glutamate, soy sauce, spices, citric acid, dextrose, hydrolyzed vegetable protein, turmeric.</p>
<p>Ring Bologna</p> <p>Ingredients: Beef, pork, water, salt, dextrose, corn syrup, flavouring, sodium nitrite, sodium erythrobate.</p>	<p>Head Cheese</p> <p>Ingredients: Pork, water, salt, gelatin, vinegar, dextrose, flavouring, ascorbic acid, sodium nitrite.</p>
<p>Sandwich Spread</p> <p>Ingredients: Pork, water, sweet pickles, beef, corn syrup, red sweet peppers, vinegar, mayonnaise, sugar, starch.</p>	

Note: Ingredients are listed in order from largest ingredient in the product to smallest.

Work Sheet

Task 1: Name the second largest ingredient in the sandwich spread.

Answer:

Task 2: List the meats containing dehydrated onions.

Answer:

Task 3: What is the second largest ingredient in ring bologna?

Answer:

Task 4: You are having lunch with a friend who cannot eat pork. Which sandwich meats can you purchase and serve them?

Answer:

Task 5: Your grandmother is on a reduced sodium (salt) diet. She can only eat meat that does not have salt in the ingredient list. List the sandwich meats she can eat.

Answer:
