

FOOD ADDITIVES

A food additive “is any chemical substance that is added to food during preparation or storage and either becomes a part of the food or affects its characteristics for the purpose of achieving a particular technical effect” (Health Canada). Examples include substances that allow food to maintain or enhance colour, preservatives to prevent or delay storage, or maintain nutritional quality.

In Canada, food additives are regulated under *Food Protection and Regulations*. These regulations state which food additives are permitted for use, as well as accepted use for the additives. While these substances have been rigorously tested before they are allowed, they are considered controversial by members of the public and by some scientists. While some believe they are safe in the quantities allowed in foods, others believe that they can, and do, cause harm.

Your task will be to investigate some food additives, and come to your own conclusion. Are they as safe as they claim to be?

1. Choose a food label (wrapper or package). List the ingredients.
2. Identify which ingredients are additives
3. Using Health Canada's Food Additive Dictionary, list the function of each additive.
4. Choose one of the additives in your list, and research to find the following:
 - What is the additive?
 - Why is it used? What is its purpose
 - Are there any adverse side effects that have been reported or linked to this additive?
 - Include a bibliography of sources that you have used. Remember to critically analyse all sources used, especially for authorship and bias. Some places to start are the Centre for Science in the Public Interest, Chemical and Engineering News, Health Canada,
5. Based on the information that you have found, write a $\frac{3}{4}$ to 1 page letter to Health Canada either in support of its continued use, or requesting its removal from use in food.

Please see attached rubric for evaluation