

What is that?

We eat these things everyday. But what are they?

Ascorbic Acid

Prevents food from spoiling and keeps it fresh. Often sprinkled over cut up fruit and meat.

Glycerin

Added to keep food moist and to give it a sweeter taste. Can be found in chocolate milk, sports drinks and some candy.

Saccharin

Adds sweetness without extra calories. Used in drinks, candy and toothpaste.

Cochineal Extract

Adds red coloring to foods and bottled juices. Often found in red candy. Made from bugs!

Carbon Dioxide

Used in cooking sprays to make it spray.

Polysorbates

Used to prevent food from separating such as in ice cream and gum.

Gelatin

Found in Jello and marshmallows, it thickens food and gells it together.

Lactic Acid

Controls acidity and keeps food from spoiling. You'll find it in pickles and yogurt.

Sucrose

Sucrose makes food sweet. Honey and maple syrup have sucrose in them.

Riboflavin

Replaces Vitamin B2 lost during food processing. Found in breads and cereal.

T	Y	Y	E	N	J	H	S	J	L	K	J	T	O	L
C	J	K	Y	Q	N	C	V	I	X	K	W	E	K	C
A	S	C	O	R	B	I	C	A	C	I	D	O	L	X
R	I	C	P	J	M	L	T	F	S	I	T	K	Z	F
T	F	W	O	D	G	V	F	A	X	D	L	V	U	W
X	A	A	L	O	P	Y	C	O	L	E	P	D	P	S
E	A	E	Y	U	O	C	I	F	L	E	S	E	N	A
L	D	P	S	S	H	D	Q	B	A	V	G	D	G	V
A	U	S	O	A	N	I	R	E	C	Y	L	G	L	Z
E	Q	M	R	O	H	C	J	C	T	G	Z	O	L	Z
N	R	I	B	O	F	L	A	V	I	N	V	H	Q	J
I	N	R	A	X	P	H	S	U	C	R	O	S	E	B
H	A	J	T	V	T	A	I	O	A	D	N	D	K	Z
C	E	B	E	L	P	H	B	S	C	M	S	T	Y	B
O	N	Z	S	O	P	F	F	Y	I	J	F	K	B	G
C	I	D	A	G	U	U	I	O	D	G	J	Z	U	I

making friends

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