

Name: _____

Class Period: _____

Nutrition & Cost Analysis Assignment

Pick your favorite processed food. Look up the ingredient list for that food on the internet. Write down at least 15 ingredients. After you have completed this step look up a homemade recipe of the food item that you picked. Write down all of the ingredients. At the bottom of the page write 3-4 sentences explaining which version is healthier and why.

Processed Food Item:

Ingredients:

Homemade Version:

Ingredients:

Summary