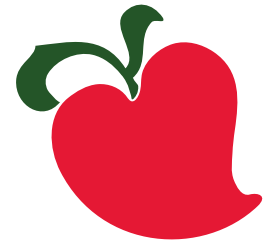


# Research - Additives & Preservatives



Explore the world of additives and preservatives. Learn what they do, how to look out for them and what they are made from.

## Background Information

Additive - is a substance that has been added to a food to make it taste better or improve the appearance of the product. Preservative - is a substance that is added to a food to make it last longer (i.e. preserve it).

Both additives and preservatives can occur naturally or be made from synthetically (in a chemistry lab). Most additives and preservatives in packaged food today are made synthetically.

Many additives and preservatives have been proven to affect mood, behaviour, concentration, sleep and start many other health issues. Additives and preservatives are listed in the ingredients on the back of packets. They are sometimes shown as numbers and sometimes listed in words.

## Resources required to do this research

One or more of these: Chemical Maze App, Books Additive Alert or Chemical Maze, Google, websites [www.additivealert.com.au](http://www.additivealert.com.au) and [www.fedup.com.au](http://www.fedup.com.au)

## Research these Additives & Preservatives

Use the resources above to research the additives and preservatives in the table on the following page.

You will need to identify what they do (also known as their function), how and what they are made from, what foods they are used in and their possible side affects.

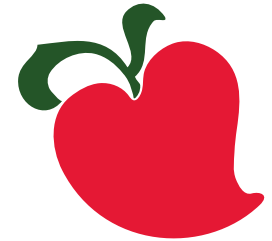
After you've completed the table, look at the packets you normally eat:

1. Are any of these numbers in them?
2. Do you want to eat foods with these numbers after what you've learnt?
3. Look up some of the other numbers on your packets?

Healthy Kids Fun is brought to you by Bel Smith, Health & Wellness Coach of The Root Cause. For more Healthy Kids Fun Activities, visit [therootcause.com.au](http://therootcause.com.au).



# Research - Additives & Preservatives



Explore the world of additives and preservatives, understand where they come from, what they are used in, and their possible side affects.

Number	Name	Function	How & Made from	Used In	Possible Side Affects
132	Indigotine	Provides colour - moderate bright green	Synthetic and made from Petroleum	Biscuits, ice cream, lollies, sweets, some hair products	Hyperactivity, avoid if asthmatic, breathing difficulties
120					
150c					
290					
621					
951					

