Save this learning guide and complete each module as it is assigned. When submitting your learning guide on teams, please submit only one document with the work you have completed up to that point. Every two weeks as you are ready to submit your work, remove the previous document and replace it with your updated work.

* You are responsible for writing the answers out yourself.
* Copying and pasting answers from the reading material into this document will result in a mark of incomplete for the assignment.
* Failure to complete all components of the learning guide will result in a final grade of incomplete on your report card.

**Food Additives**

How does Health Canada define a food additive?

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What are some possible benefits of food additives?

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Summarize the regulations from Health Canada on food additives:

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Who enforces the Health Canada regulations concerning food safety?

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**Items Added to Foods**

Explain what items might be unintentionally added to foods and how.

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Identify and describe the 15 permitted uses of food additives in Canada.

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| **Permitted Use** | **Description** |
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**Food Labels**

What are the requirements for nutrition labelling for prepackaged foods in Canada? Which foods are exempt from food labelling requirements? You might want to create a chart or table to help you organize your information.

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What are the mandatory parts of a food label?

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Add your notes about lists of ingredients here, and make sure you summarize how to recognize added sugars and trans fats.

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Add your notes about nutrition claims here. Include in your notes the three types of nutrition claims that can appear on a label, with examples.

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Add your notes here about the nutrition facts portion of a food label. Be sure to list the 13 core nutrients and explain % Daily Value. What are the other required parts of a nutrition facts table?

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**GM Foods**

What are GM foods?

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Why are GM foods produced?

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Can GM foods be sold in Canada?

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Are GM foods labelled as such in Canada?

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Which GM foods have been approved in Canada?

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What are the three principle concerns about GM foods?

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**Organic Foods**

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**Natural Foods**

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**Local Foods**

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**Food Safety**

List and describe the three ways in which food deteriorates:

| **Reasons for Food Deterioration** | **Description** |
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| Additional thoughts: |
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**Food Storage**

List and describe the three main types of storage used both commercially and at home:

| **Type of Storage** | **Description** |
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| Additional thoughts: |
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**Food Preservation**

List and describe the eight main types of food preservation:

| **Type of Food Preservation** | **Description** |
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| Additional thoughts: |
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**Food Borne Illnesses**

List and describe the common causes of food borne illnesses that were identified in the course content.

| **Common Causes of Food Borne Illnesses** | **Description** |
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| Additional thoughts: |
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**Preventing Food Borne Illnesses**

How are food borne illnesses prevented?

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**Food Advertising**

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