Real Food
The Cost of Convenience

Legal Niceties

The Video

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**Vocabulary Worksheet**

Match the words below to the correct definition.

**Word Bank**

<table>
<thead>
<tr>
<th>Additive</th>
<th>Convenience Foods</th>
<th>Corn Syrup</th>
<th>Emulsifier</th>
<th>Fast Food</th>
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<tbody>
<tr>
<td>Gourmet Food</td>
<td>Homogenize</td>
<td>Hydrogenate</td>
<td>Meat Product</td>
<td>Polyphosphate</td>
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<td>Processed Cheese</td>
<td>Processed Food</td>
<td>Soybean</td>
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<td>Whole Food</td>
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___________________ It is used in processed foods as a thickener and to keep foods moist. It is also used to enhance flavor.

___________________ A paste of Alaskan Pollock.

___________________ Food designed for quick and easy preparation or use.

___________________ Articles of food which are derived by a process of manufacture from any portion of carcasses of any animal used for food

___________________ Food of highest quality and flavor.

___________________ Food that can be prepared and served quickly in a restaurant.

___________________ To combine or treat with or expose to hydrogen.

___________________ Made from real cheese and other dairy products, plus extra salt, emulsifiers, and colorings.

___________________ A natural food and especially an unprocessed one.

___________________ A hairy annual Asian legume

___________________ A surface-active agent promoting the formation and stabilization of an emulsion.

___________________ To break up the fat globules of milk into very fine particles

___________________ Prevent discoloration of sausages and aid mixing of the fat, speed penetration of the brine in curing, hold water in meat and fish products.

___________________ A substance added to another in relatively small amounts to effect a desired change in properties.

___________________ Any food that was "processed" such as enrichment, frozen, freeze dried, etc.
Match the words below to the correct definition.

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**Corn Syrup**
It is used in processed foods as a thickener and to keep foods moist. It is also used to enhance flavor.

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A paste of Alaskan Pollock.

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Food designed for quick and easy preparation or use.

**Meat Product**
Articles of food which are derived by a process of manufacture from any portion of carcasses of any animal used for food.

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Food of highest quality and flavor.

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Food that can be prepared and served quickly in a restaurant.

**Hydrogenate**
To combine or treat with or expose to hydrogen.

**Processed Cheese**
Made from real cheese and other dairy products, plus extra salt, emulsifiers, and colorings.

**Whole Food**
A natural food and especially an unprocessed one.

**Soybean**
A hairy annual Asian legume

**Emulsifier**
A surface-active agent promoting the formation and stabilization of an emulsion.

**Homogenize**
To break up the fat globules of milk into very fine particles.

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Prevent discoloration of sausages and aid mixing of the fat, speed penetration of the brine in curing, hold water in meat and fish products.

**Additive**
A substance added to another in relatively small amounts to effect a desired change in properties.

**Processed Food**
Any food that was "processed" such as enrichment, frozen, freeze dried, etc.
Real Food: The Cost of Convenience
Multiple Choice Worksheet

Circle the best available answer for each of the following:

1) Convenience foods cost:
   a) less than raw ingredients
   b) more than raw ingredients
   c) the same as raw ingredients
   d) much time in preparation

2) Convenience foods allow consumers to:
   a) control their diets
   b) save money
   c) spend less time preparing food
   d) none of the above

3) Food technology created:
   a) instant tea
   b) fish sticks
   c) frozen foods
   d) all of the above

4) Which is not a processed food:
   a) frozen peas
   b) baby carrots
   c) raw potato
   d) Surimi

5) Processed foods may contain:
   a) salt
   b) corn syrup
   c) artificial coloring
   d) all of the above

6) Real food may be found at:
   a) the grocery store
   b) farmer’s markets
   c) in a garden
   d) all of the above

7) A chicken pot pie may contain:
   a) water
   b) mechanically separated chicken
   c) both a) and b)
   d) none of the above

8) Chicken nuggets are held together by:
   a) polyphosphates
   b) soybean oil
   c) corn syrup
   d) staples

9) The chocolate covering of an ice cream bar is made from:
   a) chocolate
   b) coconut oil
   c) cottonseed oil
   d) corn syrup

10) Soy milk is made with:
    a) cow’s milk
    b) soybeans
    c) water
    d) both b) and c)
# Real Food: The Cost of Convenience

## Multiple Choice Worksheet Answer Key

Circle the best available answer for each of the following:

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    - b) soybeans
    - c) water
    - **d) both b and c**
Real Food: The Cost of Convenience

Quiz

True or False?

1. Convenience and processed foods save time and money.   True  False
2. One should avoid all convenience foods.     True  False
3. Surimi is an Alaskan fish.       True  False
4. Soy beans are building blocks of many other foods.   True  False
5. Ready to heat and serve meats contain 15-20% water.   True  False
6. All hot dogs are simply made of meat, water, and salt.   True  False
7. A bushel of corn will make 2,200 taco shells.    True  False
8. Basic foods cost more than convenience foods.       True  False
9. Frozen broccoli is a healthy convenience food.       True  False
10. Grocery stores compete with fast food restaurants.  True  False
11. Condensed soup is less expensive per quart than microwave soup. True  False
12. Convenience foods may have additives as ingredients. True  False
13. Whole foods have not been improved by science or technology. True  False
14. Americans consume more salt because of processed foods. True  False
15. The main ingredient of processed food is corn syrup. True  False
Real Food: The Cost of Convenience
Quiz Answer Key

True or False

1. Convenience and processed foods save time and money.  
   True False  
   *Convenience foods may save time but they are more expensive than whole foods.*

2. One should avoid all convenience foods.  
   True False  
   *Flash frozen vegetables may have more nutrients than raw vegetables. Frozen fish at sea may have more nutrients than locally caught fish*

3. Surimi is an Alaskan fish.  
   True False  
   *Surimi is Alaskan Pollock ground with water, binders, colors, and flavoring*

4. Soybeans are building blocks of many other foods.  
   True False

5. Ready to heat and serve meats contain 15-20% water.  
   True False

6. All hot dogs are simply made of meat, water, and salt.  
   True False  
   *Some hot dogs also contain corn syrup and mechanically separated meat.*

7. A bushel of corn will make 2,200 taco shells.  
   True False

8. Basic foods cost more than convenience foods.  
   True False  
   *Only 20% of the cost of convenience foods is for the actual food; the rest pays for the costs of processing, packaging and shipping.*

9. Frozen broccoli is a healthy convenience food.  
   True False

10. Grocery stores compete with fast food restaurants.  
    True False

11. Condensed soup is less expensive per quart than microwave soup.  
    True False

12. Convenience foods may have additives as ingredients.  
    True False

13. Whole foods have not been improved by science or technology.  
    True False  
    *Science and technology have improved whole foods. The video provides the examples of less stringy green beans and potatoes with shallower eyes.*

14. Americans consume more salt because of processed foods.  
    True False

15. The main ingredient of processed food is corn syrup.  
    True False  
    *The main ingredient of processed food is water.*
Convenience and Processed Food Timeline

1810  Peter Durand receives a patent in England for a tin-plated iron can to be used for food preservation.

1858  Ezra Warner of Waterbury, Connecticut patented the first can opener.

1862  Louis Pasteur invents pasteurization

1869  Joseph A. Campbell and Abraham Anderson form the Joseph A. Campbell Preserve Company, which eventually becomes the Campbell Soup Company.

1880-1890  The first automated can-making machines are invented in England.

1885  Condensed milk is first canned in the United States.

1897  Dr. John T. Dorrance invents condensed soup for the Campbell Soup Company.

Campbell Soup Company introduces canned tomato soup.

1900  Oscar Mayer begins making sausages in Chicago, IL.

May 13, 1902  The Corn Products Refining Company of New York and Chicago formed and introduced Karo Light and Dark Corn Syrup.

1906  The Food Safety Inspection Service is created.

1911  Campbell Soup Company begins national distribution.

Proctor and Gamble introduces Crisco, the first all-vegetable shortening.

1912  The National Biscuit Company introduces the Oreo.


1918  Campbell Soup Company introduced vegetable beef soup to feed WWI soldiers.

1924  Clarence Birdseye forms the General Seafood Corporation to quick-freeze fish packaged in a waxed cardboard box ready for the consumer.

Oscar Mayer introduces the first sliced and packaged bacon.

1925  Clarence Birdseye invents the double belt freezer to improve his method of flash freezing packages of fish.

Taggart Baking Company produces Wonder Bread. The Continental Baking Company will buy the bakery the same year and began selling Wonder Bread nationally.

1926  Birdseye begins flash-freezing meat, poultry, fruit and vegetables.

1927  Birdseye sells his company General Seafood Corporation to Goldman Sachs and the Postum Company. The new company becomes General Foods Corporation.

Kraft begins selling a powdered drink mix called Kool-Aid.

1928  Kraft-Phenix Cheese Company introduces Velveeta Processed Cheese.

Peter Pan Peanut Butter is sold as one of the first shelf-stable peanut butters.

1930  Mabel White Holmes of the Chelsea Milling Company developed and introduced Jiffy Baking Mix.

Jimmy Dewar of Continental Baking Company invented Twinkies ®
March 6, 1930
General Foods begins test marketing flash-frozen foods in Springfield, Massachusetts. The line included cuts of meat, spinach, peas, fruits, berries, blue point oysters, and fish filets.

1931
General Mills introduces Bisquick.

1932
C. Elmer Doolin, operator of the Highland Park Confectionary in San Antonio, Texas, begins producing Fritos.

Herman W. Lay began making potato chips.

1933
Miracle Whip is introduced in Chicago.

1934
Campbell Soup Company introduces canned cream of mushroom and chicken noodle soups.

National Biscuit Company introduces Ritz Crackers.

1937
General Mills introduces Kix cereal.

Kraft Macaroni and Cheese is available in markets.

1941
General Mills introduces Cheerioats (Cheerios).

1944
Birds Eye begins shipping frozen foods nationally in insulated railroad cars.

1945
Maxwell House instant coffee is introduced to consumers.

1947
Cake mixes from Betty Crocker and Pillsbury start making their appearance.

The first commercial microwave oven is made available.

1948
Aaron “Bunny” Lapin created Reddi-Whip.

December 12, 1948
Dick and Mac McDonald open McDonald’s in San Bernardino, California serving assembly line hamburgers.

1950
General Foods introduces Jell-O Instant Pudding.

1951
Pillsbury introduces OvenReady Bisquits.

1952
Powdered nondairy coffee cream is introduced.

The Lipton food company rolls out a dehydrated onion soup mix.

1953
Mrs. Paul’s introduces fish sticks.

Eggo frozen waffles are introduced.

Cheez Whiz is introduced.

1954
C. A. Swanson and Sons began selling its “TV dinners” through supermarkets.

1955
The first home microwave ovens are manufactured.

1956
Abraham and Mahala Stouffer incorporate Stouffer Foods and establish a plant to prepare frozen dinners.

1957
General Foods introduces Tang Breakfast Beverage.

Pillsbury introduces Slice ‘n Bake cookie dough.

1959
The pop-top can is invented.

1962
Glen Bell opens the first Taco Bell in Downey, California.

1965
Franco-American introduces SpaghettiOs.

1966
Betty Crocker introduces Bac’Os.

1967
Bird’s Eye introduces Cool Whip.

1968
Proctor and Gamble begins selling Pringles Potato Chips.

1969
Dave Thomas opens the first Wendy’s in Columbus, Ohio.
<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1971</td>
<td>General Mills sells Hamburger Helper nationally.</td>
</tr>
<tr>
<td>1972</td>
<td>Celestial Seasonings Herbal Teas are introduced.</td>
</tr>
<tr>
<td>1978</td>
<td>Ben and Jerry's Homemade Ice Cream and Crepes opens in Vermont.</td>
</tr>
<tr>
<td>1980</td>
<td>McDonald's tests Chicken McNuggets in Knoxville, Tenn.</td>
</tr>
<tr>
<td>1981</td>
<td>Campbell Soup Company introduces Prego spaghetti sauce.</td>
</tr>
<tr>
<td>1982</td>
<td>Velveeta Cheese Slices are available nationally.</td>
</tr>
<tr>
<td>1983</td>
<td>Betty Crocker introduces Fruit Roll-ups nationally.</td>
</tr>
<tr>
<td>1988</td>
<td>Pillsbury introduces refrigerated pie crusts.</td>
</tr>
<tr>
<td>Late 1980s</td>
<td>Oscar Mayer introduces Lunchables Lunch Combinations.</td>
</tr>
<tr>
<td>1993</td>
<td>Baby carrots or mini-carrots are available in grocery stores.</td>
</tr>
<tr>
<td>1995</td>
<td>Green Giant launches Create A Meal – frozen vegetables and sauces in one bag.</td>
</tr>
<tr>
<td>1996</td>
<td>DiGiorno, the first frozen, self-rising crust pizza is introduced.</td>
</tr>
<tr>
<td>1999</td>
<td>Campbell Soup Company introduces Campbell's Soup To Go microwavable soups and Swanson seasoned chicken broths.</td>
</tr>
<tr>
<td>2002</td>
<td>General Mills introduces Go-Gurt – an easy way to eat yogurt on the go.</td>
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<tr>
<td>2003</td>
<td>Campbell Soup Company introduces Campbell's Chunky and Select soups in microwaveable bowls.</td>
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## Glossary

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<th><strong>Additive</strong></th>
<th>A substance added to another in relatively small amounts to effect a desired change in properties.</th>
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<td><strong>Concentrate</strong></td>
<td>A food reduced in bulk by elimination of fluid.</td>
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<td>A syrup containing dextrins, maltose, and dextrose that is obtained by partial hydrolysis of cornstarch. It is used in processed foods as a thickener and to keep foods moist. It is also used to enhance flavor.</td>
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<td><strong>Gourmet Food</strong></td>
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<td><strong>Homogenize</strong></td>
<td>To reduce the particles of so that they are uniformly small and evenly distributed; specifically to break up the fat globules of milk into very fine particles.</td>
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<td><strong>Hydrogenate</strong></td>
<td>To combine or treat with or expose to hydrogen.</td>
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<td><strong>Emulsifier</strong></td>
<td>A surface-active agent promoting the formation and stabilization of an emulsion.</td>
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<td><strong>Fast Food</strong></td>
<td>Food that can be prepared and served quickly in a restaurant.</td>
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<td><strong>Flash Freezing</strong></td>
<td>A method of preserving food as well as preserving its taste and appearance; to quickly freeze perishable food items. Food items are subjected to temperatures well below its melting or freezing point causing the water inside the foods to freeze in a very short period of time. The cellular structure of the food is unchanged; the food remains fresh.</td>
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<td><strong>Food Processing</strong></td>
<td>Methods and techniques used to transform raw ingredients into food for consumption by humans or animals. These include but are not limited to: peeling, cutting, fermentation, emulsification, cooking, broiling, frying, and baking.</td>
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<td>Articles of food which are derived by a process of manufacture from any portion of carcasses of any animal used for food.</td>
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<td><strong>Mechanically Separated Meat</strong></td>
<td>Also known as mechanically recovered meat (MRM), is a paste-like meat product produced by forcing beef, pork or chicken bones, with attached edible meat, under high pressure through a sieve or similar device to separate the bone from the edible meat tissue.</td>
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<td><strong>Polyphosphate</strong></td>
<td>Complex phosphates added to foods as emulsifiers, buffers, or sequestrants. They prevent discoloration of sausages and aid mixing of the fat, speed penetration of the brine in curing, hold water in meat and fish products.</td>
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<td>A hairy annual Asian legume widely grown for its oil-rich proteinaceous seeds, for forage and for soil improvement.</td>
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<td><strong>Surimi</strong></td>
<td>A paste of ground Alaskan Pollock.</td>
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