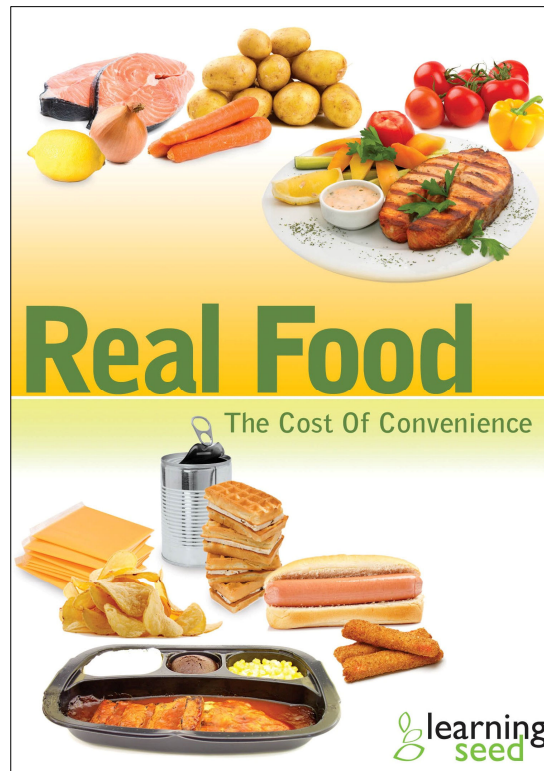


Real Food

The Cost of Convenience



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Real Food: The Cost of Convenience

Vocabulary Worksheet

Match the words below to the correct definition.

Word Bank

| | | | | |
|------------------|-------------------|-------------|--------------|---------------|
| Additive | Convenience Foods | Corn Syrup | Emulsifier | Fast Food |
| Gourmet Food | Homogenize | Hydrogenate | Meat Product | Polyphosphate |
| Processed Cheese | Processed Food | Soybean | Surimi | Whole Food |

- _____ 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.

Real Food: The Cost of Convenience

Vocabulary Worksheet Answer Key

Match the words below to the correct definition.

Word Bank

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| Processed Cheese | Processed Food | Soybean | Surimi | Whole Food |

| | |
|-------------------------|--|
| Corn Syrup | It is used in processed foods as a thickener and to keep foods moist. It is also used to enhance flavor. |
| Surimi | A paste of Alaskan Pollock. |
| Convenience Food | 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 |
| Gourmet Food | Food of highest quality and flavor. |
| Fast Food | 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 |
| Polyphosphate | 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

6) Real food may be found at:

- a) the grocery store
- b) farmer's markets
- c) in a garden
- d) all of the above

2) Convenience foods allow consumers to:

- a) control their diets
- b) save money
- c) spend less time preparing food
- d) none 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

3) Food technology created:

- a) instant tea
- b) fish sticks
- c) frozen foods
- d) all of the above

8) Chicken nuggets are held together by:

- a) polyphosphates
- b) soybean oil
- c) corn syrup
- d) staples

4) Which is not a processed food:

- a) frozen peas
- b) baby carrots
- c) raw potato
- d) Surimi

9) The chocolate covering of an ice cream bar is made from:

- a) chocolate
- b) coconut oil
- c) cottonseed oil
- d) corn syrup

5) Processed foods may contain:

- a) salt
- b) corn syrup
- c) artificial coloring
- d) all of the above

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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- a) cow's milk
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- 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.
- 1916 Clarence Birdseye (Dec. 9, 1886-Oct. 7, 1956) observes natives of Labrador quick-freezing fish.
- 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 Birdseye 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.
- Mrs. Paul's introduces fish sticks.
- 1953 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.

- 1970 Campbell Soup Company introduces Chunky ready-to-serve soups.
- 1971 General Mills sells Hamburger Helper nationally.
- 1972 Celestial Seasonings Herbal Teas are introduced.
- 1978 Ben and Jerry's Homemade Ice Cream and Crepes opens in Vermont.
- 1980 McDonald's tests Chicken McNuggets in Knoxville, Tenn.
- 1981 Campbell Soup Company introduces Prego spaghetti sauce.
- 1982 Velveeta Cheese Slices are available nationally.
- 1983 Betty Crocker introduces Fruit Roll-ups nationally.
- Pillsbury introduces refrigerated pie crusts.
- 1988 Oscar Mayer introduces Lunchables Lunch Combinations.
- Late 1980s Baby carrots or mini-carrots are available in grocery stores.
- 1993 Green Giant launches Create A Meal – frozen vegetables and sauces in one bag.
- 1995 DiGiorno, the first frozen, self-rising crust pizza is introduced.
- 1996 Campbell Soup Company introduces Simply Home Soup in resealable glass jars.
- 1998 Campbell Soup Company introduces *Campbell's Soup To Go* microwavable soups and Swanson seasoned chicken broths.
- 1999 General Mills introduces Go-Gurt – an easy way to eat yogurt on the go.
- 2002 Campbell Soup Company introduces *Campbell's Soup At Hand*, convenient soup for on-the-go eating.
- 2003 Campbell Soup Company introduces *Campbell's Chunky* and *Select* soups in microwavable bowls.

Glossary

| | |
|------------------------------------|--|
| Additive | A substance added to another in relatively small amounts to effect a desired change in properties. |
| Concentrate | A food reduced in bulk by elimination of fluid. |
| Convenience Food | Food designed for quick and easy preparation or use. |
| Corn Syrup | A syrup containing dextrans, 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. |
| Gourmet Food | Food of highest quality and flavor. |
| Homogenize | 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. |
| Hydrogenate | To combine or treat with or expose to hydrogen. |
| Emulsifier | A surface-active agent promoting the formation and stabilization of an emulsion. |
| Fast Food | Food that can be prepared and served quickly in a restaurant. |
| Flash Freezing | 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. |
| Food Processing | 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. |
| Meat Product | Articles of food which are derived by a process of manufacture from any portion of carcasses of any animal used for food. |
| Mechanically Separated Meat | 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. |
| Polyphosphate | 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. |
| Processed Cheese | Made from real cheese and other dairy products, plus extra salt, emulsifiers, and colorings. |
| Processed Food | Any food that was "processed" such as enrichment, frozen, freeze dried, etc. |
| Soybean | A hairy annual Asian legume widely grown for its oil-rich proteinaceous seeds, for forage and for soil improvement. |
| Surimi | A paste of ground Alaskan Pollock. |
| Whole Food | A natural food and especially an unprocessed one. |