

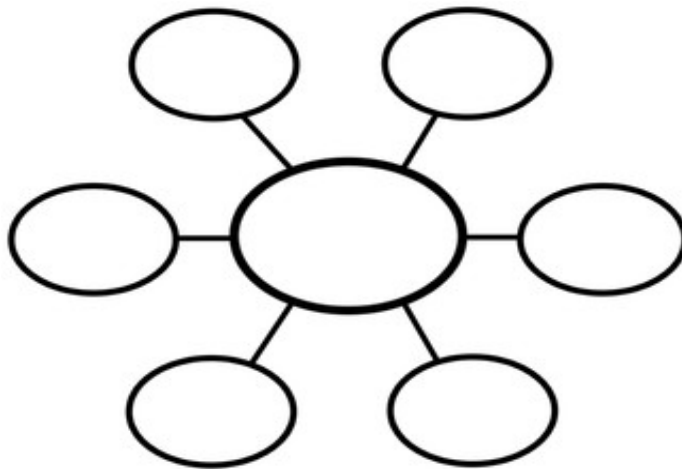
Name: _____ Block: _____ Date: _____

Introduction to Food Systems Notes

Learning Target: _____

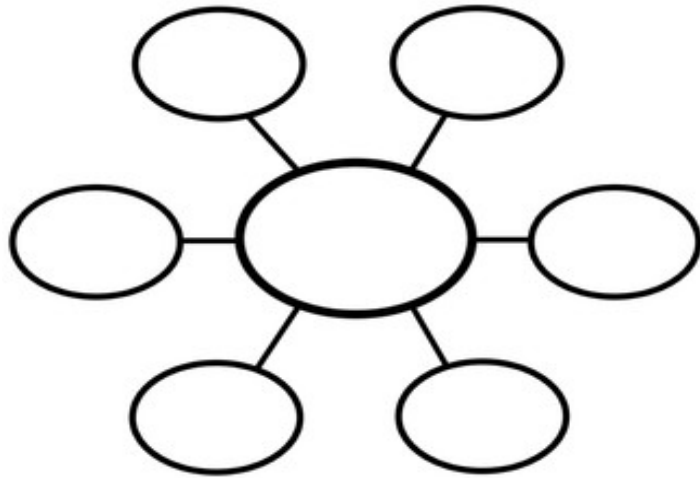
Nearly all of our food can be traced back to plants.

Complete this ingredients chart showing how the ingredients can be traced back to plants:

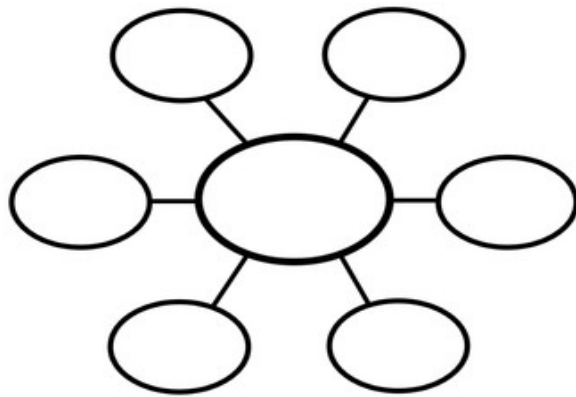


Nutrition Facts	
Serving size	1 cup (236mL)
Amount per serving	
Calories: 200	Calories from fat: 70
% of daily value *	
Total fat 8g	12%
Saturated fat 4.5g	23%
Trans fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Total carbohydrates 26g	9%
Dietary fiber 1g	4%
Sugar 25	
Protein 8g	
<hr/>	
Vitamin A: 8%	Vitamin C: 0%
Calcium: 25%	Iron: 10%
Vitamin D: 25%	
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INGREDIENTS: MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), DEXTROSE, CORNSTARCH, SALT, CARRAGEENAN, NATURAL VANILLA, VITAMIN D3.	

Ingredients that are not traced back to plants:



Ingredients that are not traced back to plants:



INGREDIENTS: BEEF, MECHANICALLY SEPARATED CHICKEN, WATER, SALT, CORN SYRUP, DEXTROSE, FLAVORINGS, SPICE, PAPRIKA, HYDROLYZED CORN GLUTEN, SOY AND WHEAT GLUTEN PROTEINS, SODIUM NITRITE, LACTIC ACID STARTER CULTURE.

Ingredients that are not traced back to plants: