

Name \_\_\_\_\_



## Pantry Probe

**Directions:** Read both ingredient lists. Answer the questions about **whole foods**, **added sugars**, and **artificial ingredients**.

### Product A: Sunny Trail Granola Bars

**Ingredient List:** Whole rolled oats, honey, dried cranberries, almond pieces, brown rice syrup, sunflower oil, sea salt, natural flavors.

### Product B: Choco Crunch Snack Squares

**Ingredient List:** Enriched wheat flour, sugar, corn syrup, palm oil, cocoa processed with alkali, soy lecithin, artificial vanilla flavor, salt, Yellow Five, Red Forty.

1. Which product lists a **whole food** as the **first ingredient**? Why does that matter?
2. Which product contains **more than one added sugar**? Name both added sugars.
3. Which product includes **artificial colors or flavors**? List one example from the label.
4. Which product would likely be a better choice for someone trying to **avoid artificial ingredients**? Explain using the ingredient list.
5. Which product contains ingredients that suggest it is **more processed**? Cite two ingredients that support your answer.
6. Look at the oils used in each product. Which product uses a **plant based oil** that is often considered a better option?
7. If a shopper wants a snack made mostly from **recognizable foods**, which product should they choose? Defend your choice with **two facts from the ingredient lists**.