**What is in a frozen pizza?**

Choose one of the labels from your frozen pizza.

Insert picture of label here.

1. Name of the Product:
2. Highlight every ingredient that is not food. List the ingredients below from your label-use the highlight pen and highlight the ingredients that you do not recognize as food. For example Wheat is food so you would not list this.
3. Look up each of the highlighted ingredients and find out what it is and why it’s in food (function or purpose) and any other interesting information you can find, and write it in your own words. A great website for this is http://whatisthatingredient.com/
4. Write a brief summary of your findings. What will you take away from this research?

http://familyconsumersciences.com/wp-content/uploads/The-Inside-Story-of-Frozen-Pizza-Ingredient-Project.pdf