

Ingredient Spelling Test Directions

Today we are going to have a spelling test on an ingredient (or the food itself) from the following list:

1. Snack Chips
2. Candy
3. Fruit or vegetable
4. Packaged Cookies
5. Packaged Frosting
6. Packaged Ice Cream
7. Chocolate candy
8. Fruit or vegetable
9. Licorice
10. Jelly beans

I will read the word and you can spell it out on your worksheet. Good luck!

Ingredient Spelling Test Answers

1. Hydrolyzed Soy Protein
2. Artificial Color (K-Carmine and Red 40)
3. Apple
4. Palm and/or Interesterified and Hydrogenated Soybean and/or Cottonseed
5. Potassium Sorbate and Sodium Benzoate (Preservatives)
6. Tapioca Maltodextrin
7. Soy Lecithin
8. Grapes
9. Mono- and Diglycerides
10. Carnauba Wax

Note to instructor: If you have time, read the entire ingredient list for the food together. See following page. You may even want to distribute copies of the next page or actually packaging so the students can read the labels for themselves.

Ingredient Spelling Test Ingredient List Details

- 1. Cheetos (Flaming Hot variety)- Ingredients:** Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Contains One or More of the Following: Corn, Soybean or Sunflower Oil), Maltodextrin, Salt, Sugar, Artificial Color (Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5), Monosodium Glutamate, Autolyzed Yeast, Partially Hydrogenated Soybean and Cottonseed Oil, Citric Acid, Hydrolyzed Soy Protein, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey, Onion, Whey Protein Concentrate, Corn Syrup Solids, Natural Flavor, Buttermilk, Garlic Powder, Disodium Phosphate, Sodium Diacetate, Sodium Caseinate, Lactic Acid, Disodium Inosinate, Disodium Guanylate, Nonfat Milk Solids, Sodium Citrate, and Carrageenan.
- 2. Good and Plenty:-Ingredients:** Sugar; Corn Syrup; Wheat Flour; Molasses; Contains 2% or Less of: Licorice Extract; Gum Acacia; Salt; Caramel Color; Modified Cornstarch; Artificial Color (K-Carmine and Red 40); Resinous Glaze; Anise Oil; Carnauba Wax; Artificial Flavor; and Sulfur Dioxide (Preservative).
- 3. Apple**
- 4. Pepperidge Farm Soft Baked Cookies Snickerdoodle- Ingredients:** Unbromated Unbleached Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Sugar, Vegetable Oils (Palm and/or Interesterified and Hydrogenated Soybean and/or Cottonseed), Fructose, Invert Sugar, Butter, Whole Eggs, Nonfat Milk, Corn Syrup Contains 2 Percent or Less of: Leavening (Baking Soda, Cream of Tartar, Ammonium Bicarbonate), Cinnamon, Salt, Rice Starch (Caramel Color Added), Natural Flavors, Canola Oil, Pectin, Wheat Gluten, Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, DATEM (Dough Conditioner).
- 5. Pillsbury Easy Frost Frosting Velvety Cream Cheese Aerosol- Ingredients:** Sugar, Partially Hydrogenated Soybean and Cottonseed Oils, Water, Corn Syrup, Corn Starch, Contains 2% or Less of: Modified Corn Starch, Salt, Color Added Including Yellow 5 and Red 40, Mono and Diglycerides, Polysorbate 60, Artificial Flavor, Sodium Citrate, Potassium Sorbate and Sodium Benzoate (Preservatives), Xanthan Gum, Citric Acid.
- 6. Edy's Slow Churned Rich & Creamy Light Ice Cream Caramel Delight- Ingredients:** Milk, Skim Milk, Sugar, Cream, Caramel Swirl (Sweetened Condensed Milk, Sugar, Corn Syrup, Water, Coconut Oil, Pectin, Salt, Baking Soda, Vanilla Extract), Corn Syrup, Whey Protein, Egg Yolks, Tapioca Maltodextrin, High Fructose Corn Syrup, Buttermilk, Mono and Diglycerides, Butter, Cellulose Gum, Natural Flavor, Baking Soda, Guar Gum, Carrageenan, Dextrose, Vitamin A Palmitate.
- 7. Nestle Crunch Bars Milk Chocolate Fun Size- Ingredients:** Milk Chocolate (Sugar, Chocolate, Cocoa Butter, Nonfat Milk, Lactose, Milkfat, Soy Lecithin, Vanillin [an Artificial Flavor]), Crisped Rice (Rice Flour, Sugar, Barley Malt, Salt).
- 8. Grapes**
- 9. Twizzlers –Ingredients:** Corn Syrup, Enriched Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid), Sugar, Cornstarch, Contains 2% or Less of: Palm Oil, Salt, Artificial Flavor, Mono- and Diglycerides, Citric Acid, Potassium Sorbate (Preservative), Artificial Color (Red 40), Sulfur Dioxide (to Maintain Freshness), Mineral Oil, Soy Lecithin, Glycerin.
- 10. SweeTARTS Jelly Beans- Ingredients:** Dextrose, Sugar, Glucose, Water, Modified Food Starch, Modified Tapioca Starch, and Less than (2%) of Malic Acid, Artificial and Natural Flavors, Carnauba Wax, Mineral Oil (Adds a Trivial Amount of Fat), Blue 1 Lake, Blue 2, Blue 2 Lake, Color Added, Red 40, Red 40 Lake, Yellow 5 Lake, Yellow 6 Lake.

Ingredient Spelling Test Worksheet

1. _____ Correct? _____

2. _____ Correct? _____

3. _____ Correct? _____

4. _____ Correct? _____

5. _____ Correct? _____

6. _____ Correct? _____

7. _____ Correct? _____

8. _____ Correct? _____

9. _____ Correct? _____

10. _____ Correct? _____