

What's in Your Food?

Emulsifiers and stabilisers

Make the food or drink look more appealing

Preservatives

Taste enhancer

Flavourings

Help to keep ingredients together that would normally separate

Artificial sweeteners

Prevents fats or oils reacting with oxygen and deteriorating

Food colourings

Help to keep food and drink safe for longer by preventing microbial growth

Antioxidants

Reduce the amount of sugar in the food or drink



Packaging

Look at the examples of packaging provided. For each one, try to identify the material(s) it is made from, the properties of the material that make it suitable for its use and then find out if it can be recycled.

Container	Material	Properties	Recyclable?

Now answer the following questions.

Estimate how many of each type of container

a) you use

b) your family uses

Extension questions

Find out...

how much energy is saved by recycling the product

how long it would take this material to break down in a landfill site



Water Balance

1. Underline the conditions that you would be in when you are losing the most water.

35°C

windy

dry

walking

15°C

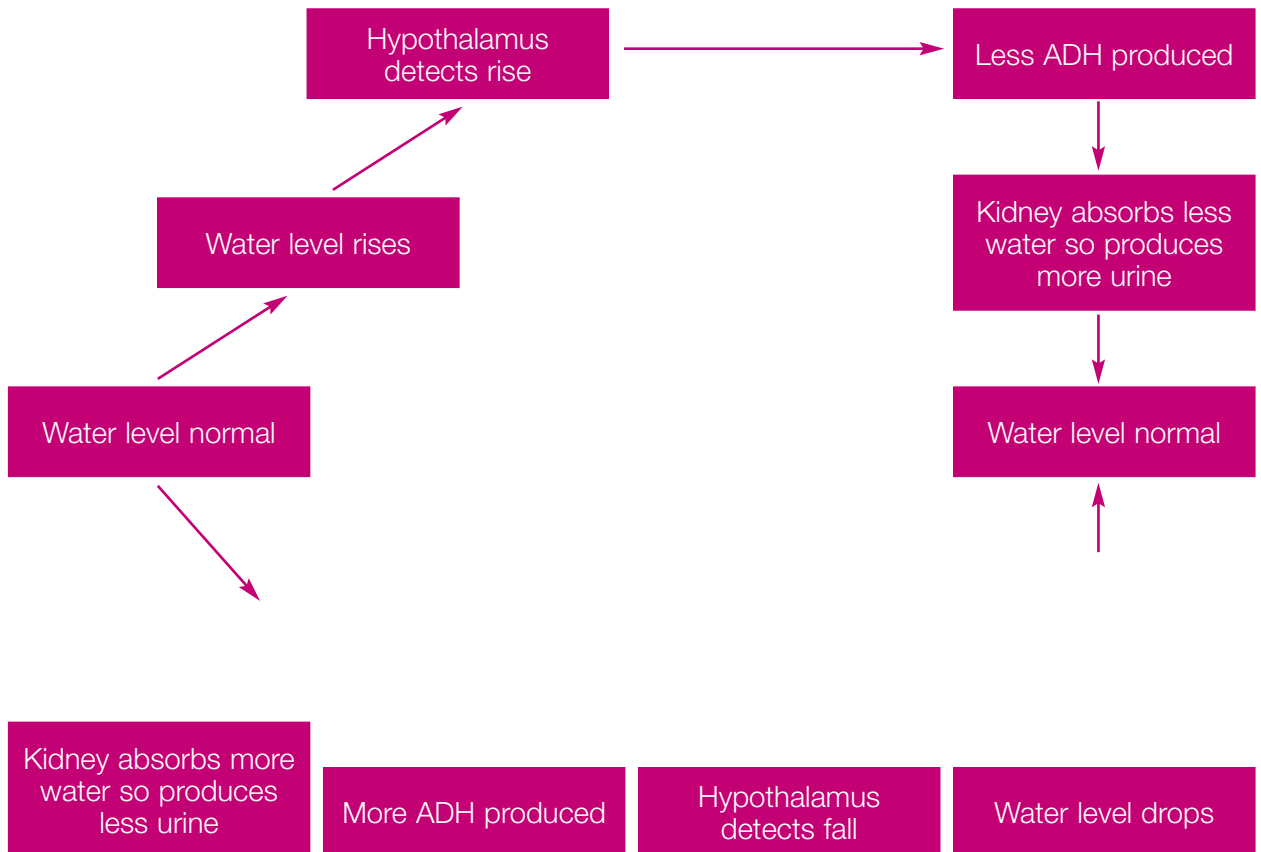
calm

humid

running



2. Using the boxes provided, complete the flow diagram. Then add on the diagram, the reasons why your water level might go up or down.



3. Alcohol inhibits (slows down) ADH production. What would be the effect on urine production if a person drank three units of alcohol?

4. Ecstasy has been known to interfere with ADH production causing the body to over produce it. What effect would this have on water balance?