Name Quang Huynh

**Food Fiction CW**

**DIRECTIONS: Answer questions in complete sentences. (Restate, DUH!)**

1. Why are food labels important for consumers?

Food labels are important for consumers so you can limit your daily dose of fat, calories, sugar, etc. Consumers can also compare the product of the food label to other foods. It also tells us what is in the food and if a food is unhealthy or not.

1. What tactics (strategizes) do food companies use to get customers to buy their products?

Some tactics that food companies use to get customers to buy their products is by adjusting the serving size, or saying that a food is “All Natural” or “Whole Wheat” even though it is not.

1. What ingredient makes Nutella a poor choice to eat for breakfast?

**The ingredient that makes Nutella a poor choice to eat for breakfast is the amount of sugar in the Nutella.**

**RESEARCH BREAK – pause here to find the answer to this question:**

1. [What is the recommended amount of sugar you should eat in one day?](https://www.healthline.com/nutrition/how-much-sugar-per-day#section3)

**For males, it is 37.5 grams of sugar per day. But for females, the amount of sugar is 25 grams.**

1. Why is it important to look closely at the *serving size* on a food label?

It is important to look closely at the serving size on the food label because companies can try to trick you by labeling half of the portion of the food, or a quarter of the actual food size. You would eat more than the normal serving size as well.

1. Provide proof for your answer above by giving specific example from the video.

The soup uses the standard serving size of soup, but not the whole container of soup.

Also, you would usually eat more than the normal serving size.

1. Provide *another* example of a misleading food label from the video. Explain the claim compared to reality.

It went from healthy request to salty request.

The amount of sugar in the fruit bars, and it is not 100% fruit. SunRype to SunHype. It is also only 2% Vitamin C.

A container of soup that you can’t reseal.

1. Is it worth the extra cost to buy Kraft Dinner Smart with added “health” benefits?

No, it is not worth it to buy the Kraft Dinner Smart. There is only little actual health benefits from the Kraft Dinner Smart, and it is not worth the extra cost.

1. Why is this program titled “Food Fiction”? Provide a specific example to explain your answer.

This program is called “Food Fiction” because most foods that have “healthy labels” are all fiction and false, and this program busts all their false claims with the nutritional label. An example is when they checked out the fruit bars and found out that the amount of sugar in one bar is about as much as 6 Oreos, and they claim that it is 100% healthy, even though it is not.

1. What is your opinion about the tactics food companies use to sell their products?

My opinion is that, it is very misleading and sneaky for them to do this because for the people who don’t know any better, they could suffer from problems and could die just from the misleading food labels and the tactics that the food companies use to sell their products.