

The Ingredients Game:

Allergens Per Table

Table 1 Peanuts	Table 2 Eggs	Table 4 Wheat
Table 4 Milk/Dairy	Table 5 Tree Nuts: Almonds, Pistachios, Walnuts, Pecans, Brazil nuts, Cashews, Hazelnuts, and more.	Table 6 Soy
Table 7 Shellfish	Table 8 Sesame	Table 9 Fish
Table 10 Milk and Eggs	Table 11 Peanuts and Tree Nuts	Table 12 Soy and Wheat

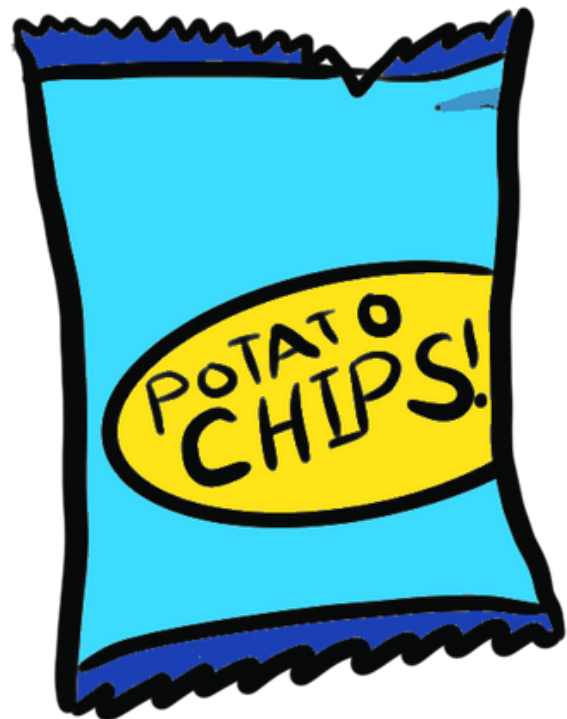
The Ingredients Game Activity Pieces

Print enough of these sheets to have 3-4 "food products" per table in your classroom. Cut these pieces on the dotted lines to use as the "food products" students will read to see the ingredients they contain.

Ingredients: Unbleached Enriched Flour (Wheat Flour, Reduced Iron, Thiamine Mononitrate Niacin, Folic Acid), Sugar, Palm and/or Canola Oil, Riboflavin, Cocoa (Processed with Alkali), Leavening (Baking Soda and/or Calcium Phosphate), Salt, High Fructose Corn Syrup, Soy Lecithin, Chocolate.
Produced in a facility that processes dairy



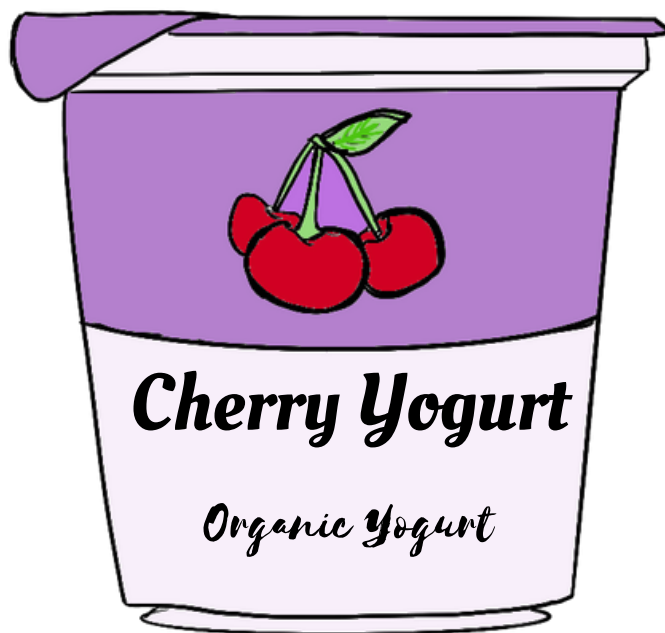
Ingredients: Potatoes, Vegetable Oil (Canola, Corn, Soybean, and/or Sunflower Oil), and Salt.



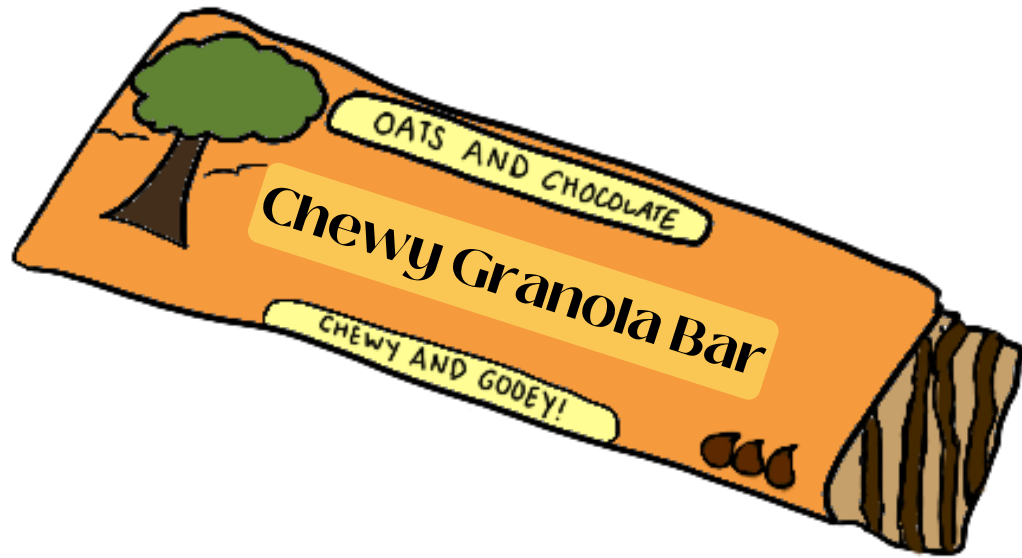
Ingredients: Roasted peanuts, corn syrup, sugar, soy protein concentrate, less than 3% of hydrogenated vegetable oils (palm oil and cottonseed), salt, minerals (magnesium oxide, iron phosphate, copper sulfate) and vitamins (niacin, vitamin b6, folic acid).



Ingredients: Cultured Reduced Fat Milk, Sugar, Cherries, Modified Corn Starch, Water, Contains 1% of: Corn Starch, Tricalcium Phosphate, Beet Juice Concentrate (for color), Natural Flavors, Lemon Juice, Pectin, Vitamin A Acetate, Vitamin D3.



Ingredients: Whole Grain Oats, Granola, Soybean Oil, Sugar, Canola Oil, Rice Flour, Honey, Salt, Invert Sugar, Brown Sugar Syrup, Coconut, Baking Soda, Soy Lecithin, Chocolate (Sugar, Chocolate Liquor, Vanilla Extract, Cocoa Butter), Almond Butter, Corn Syrup, Sugar, Glycerin, Soybean Oil, Tocopherols, Calcium Carbonate, Sorbitol, Salt, Soy Lecithin, Molasses, Natural Flavor.



Ingredients: Corn flour blend (degerminated yellow corn flour) and whole grain yellow corn flour), sugar, wheat flour, rice, whole grain oat flour, modified food starch, vegetable oil, (hydrogenated coconut, soybean oil), oat fiber, maltodextrin, salt, soluble corn fiber yellow 5, red 40, blue 1, BHT for freshness, natural flavor, Vitamins and Minerals: vitamin B6 (pyridoxine hydrochloride), Vitamin C (ascorbic acid), vitamin B1 (thiamin hydrochloride), reduced iron, niacinamide, vitamin B2 (riboflavin), vitamin B12, folic acid, vitamin D3.
CONTAINS: WHEAT

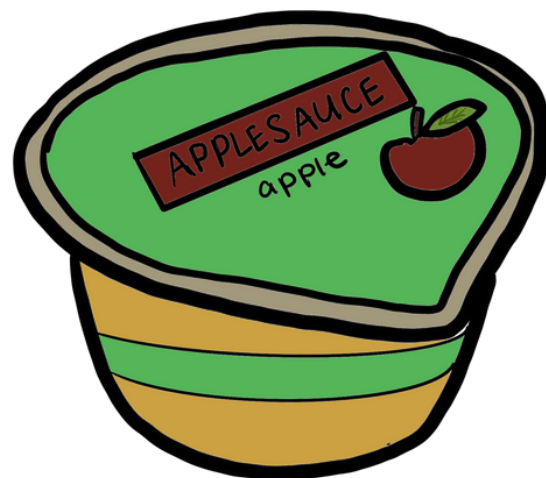


Ingredients: Raisins, Peanuts, Milk Chocolate Candies (Milk Chocolate [Sugar, Salt, Chocolate, Cocoa Butter, Skim Milk, Milkfat, Lactose, Soy Lecithin, Artificial Flavors], Sugar, Cornstarch, Less than 1% Dextrin, Corn Syrup, Coloring [Includes Blue 1 Lake, Red 40 Lake, Yellow 5, Red 40, Blue 1, Blue 2 Lake, Yellow 6 Lake, Blue 2], Gum Acacia), Almonds, Cashews, Salt, Peanut Oil.

Contains: Peanuts, Almonds, Cashews
Produced in a factory that handles all tree nuts.



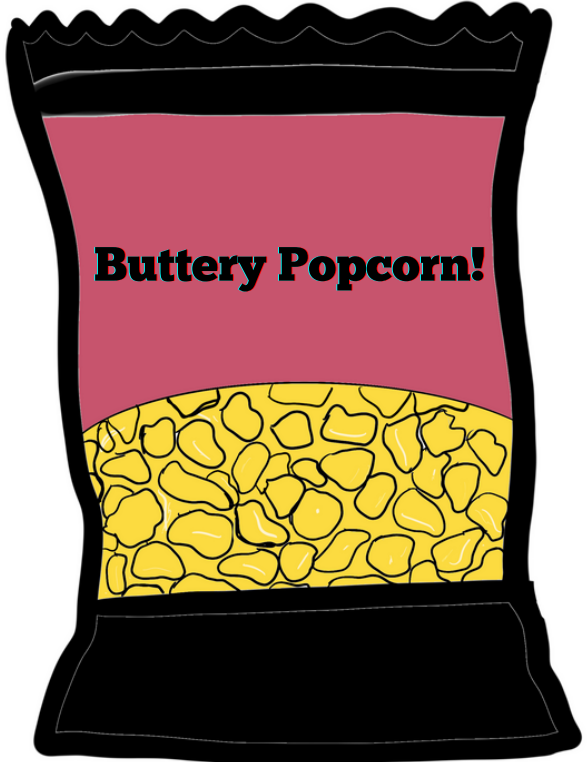
Ingredients: Apples, Ascorbic Acid, Water.



Ingredients: Cheddar Cheese (Cultured Milk, Salt, Enzymes), Skim Milk, Whey, Milkfat, Milk Protein Concentrate, Sodium Phosphate, Calcium Phosphate, Modified Food Starch, Salt, Annatto and Paprika Extract (Color), Milk, Enzymes, Lactic Acid, Natamycin (a Natural Mold Inhibitor), Cheese Culture, Vitamin D3



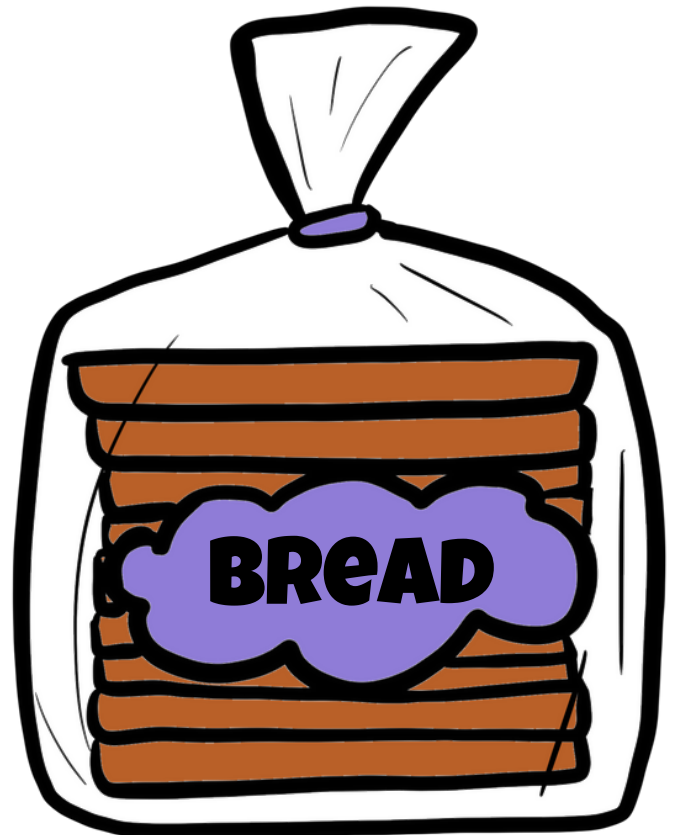
Ingredients: Whole Grain Popping Corn, Natural Flavor, Butter (Milk), Salt, Color Added (Annatto, Turmeric, Paprika), Palm Oil, Mixed Tocopherols (Vitamin E).



**Ingredients: Roasted Sunflower Seeds,
Salt, and Sugar.**



**Ingredients: Whole Wheat Flour, Brown
Sugar, Yeast, Water, What Gluten, Salt,
Enzymes, Monoglycerides, Vinegar, Soy
Lecithin. and Ascorbic Acid**



Ingredients: Alaska Pollock fillets, breadcrumb coating, vegetable oil. Wheat flour, water, yellow corn flour, sugar, salt, onion powder, whey, yeast, baking powder (baking soda, cream of tartar, sodium aluminum phosphate).

Canola oil and Vegetable oil.

Contains: Pollock (Fish), Milk, and Wheat.



Ingredients: Sugar, Citric Acid, Corn Syrup, Hydrogenated Palm Kernel Oil, Tapioca Dextrin, Modified Corn Starch, Natural and Artificial Flavors, Colors (, Titanium Dioxide, Red 40 Lake, Blue 2 Lake, Blue 1 Lake, Yellow 6 Lake, Yellow 5 Lake, Red 40), Carnauba Wax, Sodium Citrate.



Ingredients: Enriched Wheat Flour (Niacin, Wheat Flour, Reduced Iron, Thiamin Mononitrate, Folic Acid, Riboflavin), Sunflower Oil And Canola Oil, Organic Cane Sugar, Sea Salt, Wheat Gluten, And Less Than 2% Of The Following: Yeast, Onion, Malt Extract, Dextrose, , Malted Barley Flour, Garlic, Rosemary Extract, Sesame Seeds, Poppy Seeds, (Antioxidant), And Ascorbic Acid (Antioxidant).

