**Global Scholars U.2. Processed food.**

1.- Take the label of the food you have and look for the following information:

a.- Name the ingredients it contains.

b.-Name the nutrients it contains (Carbohydrates, fats, proteins, mineral salts, vitamins, water):

c.- Does it contain any other molecule?

d.- Look in internet for the “other molecules”, say what they are and the effects on the organism.

e.- In which part of the food pyramid do you introduce the food?