

LESSON 16 SUPPLEMENT-Processed Foods Quiz

Match the natural food to its most processed product.

<u>Least Processed Food</u>	<u>Minimally Processed Food</u>	<u>Highly Processed Food</u>
Cow's milk	Canned fruit cocktail	Fast food fried apple pie
Potato	Unbleached white flour	Frozen potato puffs
Orange	Cheese	Grape soda
Grapes	Quick oatmeal	Puffed cheese curls
Apple	Instant mashed potatoes	Commercial oatmeal cookie
Whole oats	Pork sausage	Powdered orange drink
Pork	Applesauce	Fried pork rind snack food
Whole wheat	Frozen orange juice	Sugar cookie

ANSWERS: Cow's milk « Cheese « Puffed cheese curls; Potato « Instant mashed potatoes « Frozen potato puffs; Orange « Fro-zen orange juice « Powdered orange drink; Grapes « Canned fruit cocktail « Grape soda; Apple « Applesauce « Fast food fried apple pie; Whole oats « Quick oatmeal « Commercial oatmeal cookie; Pork « Pork sausage « Fried pork rind snack food; Whole wheat « Unbleached white flour « Sugar cookie