

Convenience vs. Scratch Compare & Contrast

Use the provided information to complete the questions on the back, comparing the two products.



Product #1

One Pan Taco Dinner

Ingredients:

ground beef, water, enriched rice, cheddar cheese, salsa, corn tortilla chips, chili powder, onion powder, cumin, garlic powder, paprika, oregano, sugar, salt, and cayenne pepper

Product #2

Hamburger Helper Mexican Crunchy Taco Dinner

Ingredients:

Ground beef, enriched rice, milk, water, maltodextrin, yellow corn flour, corn starch, enriched flour, salt, cottonseed oil, modified whey, chili pepper, modified cornstarch, spice, partially hydrogenated soybean oil, onion, tomato flakes, monosodium glutamate, corn syrup, citric acid, cheddar cheese, natural flavor, silicon dioxide, garlic, blue cheese, malic acid, whey hydrolyzed corn, protein, color (yellow 5 & 6), cultured nonfat milk, yeast extract, sodium phosphate.

Use the ingredients lists on the front to answer the following questions.

1. How many different ingredients does Product #1 have?
2. How many different ingredients does Product #2 have?
3. List the ingredients common (identical) to both.
4. Highlight the ingredients you don't recognize or have never heard of in Product #1. How many did you highlight?
5. Highlight the ingredients you don't recognize or have never heard of in Product #2. How many did you highlight?
6. What do the above answers tell you about these two products in terms of number of ingredients and types of ingredients? Explain.
7. Which product would you rather eat? Explain why.



