

## FNH 200 102 Exploring Our Foods 2011

### Assignment # 01

Due Date: 10:00 pm, Monday, February, 2011

Out of 60 points; corresponds to 5% of total course grade.

#### Instructions:

1. Depending on your FIRST NAME, you will be working on different products.
  - a. From Albert to Eric  
Kraft Rancher's Choice Salad Dressing and Fat Free Rancher's Choice Salad Dressing



- b. From Evon to Matika  
Kraft Foods, Oreo Regular and 30% Less Fat Oreo



c. From Matthew to Zahida

Campbell's Cream of Mushroom Soup and Campbell's Low Fat Cream of Mushroom Soup



2. Check the assigned products in a grocery store (you do not need to buy the products).
3. Complete your assignment questions:
  - a. Use 1.5 line spacing; 12 font size
  - b. Save your assignment as a word document (.doc)
  - c. Label your file using your lastname and first name (eg Chan\_Judy.doc)
  - d. Submit your assignment using the "Submit Function" on Vista before 10:00 pm on Monday, February 21, 2011
4. Late submission will be subjected to a late penalty of a 10-point deduction for each late day
5. No assignment will be accepted after 4:30 pm on February 25, 2011, and a mark of 'zero' will be assigned.
6. Working on a wrong product will lead to a 10-point deduction on your final mark.

#### Assignment Questions:

1. (10 points) Compare the consumer demands or trends in Canada of the assigned products
2. (10 points) Study the labels of both assigned products
  - a. Provide detailed description of the information found on the labels
  - b. Indicate whether the information complies with the regulatory requirements
3. (30 points) Study the list of ingredients of both products
  - a. Write down the lists of ingredients
  - b. Identify additives used, if there is any
  - c. Explain the roles of each ingredient and additive in terms of the functional properties they contribute to the product
  - d. Compare and contrast the lists of the two products, and explain differences
4. (10 points) Articulate your personal preference
  - a. Identify which of the two products is your personal preference
  - b. Explain and support your preference based on:
    - i. The assumption that both products cost the same and are both available at your local grocery store
    - ii. Facts you learned in FNH 200 Lessons 1 to 4
    - iii. Personal experience