

# ICAP Health Homework Week 7

Due: February 27<sup>th</sup>

*Directions: Please use more than one source to research these items, don't just "trust" Wikipedia for all your information.*

1. **Artificial Colorings:** What are FD & C colorings (blues, reds, yellows with numbers)? Do they have any known health risks associated with them? If so, what risks?

2. **Preservatives:** What are Sodium Benzoate & Potassium Sorbate? Are there any known health risks associated with them?

3. **Preservatives:** What are Parabens? (i.e. methylparaben, etc) Health risks? What types of products are they found in?

4. Check your own personal care products labels & find **two** other ingredients not listed above that have "chemical" sounding names & look them up. **List their names, what they are & purposes, & any possible health risks or side effects found.** *Note: Some long unpronounceable words may just be laboratory names for purified versions of a natural ingredient.*

5. Check your own food pantry (*bread, frozen food, packaged foods, etc*). Find **two** ingredients that have "chemical" sounding names & look them up. **List their names, what they are & purposes, & any possible health risks or side effects found.**