

FOOD SCIENCE

DAY THREE: PRODUCT DESIGN CHALLENGE

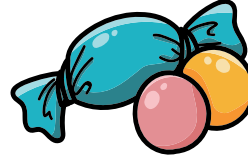
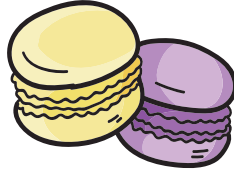
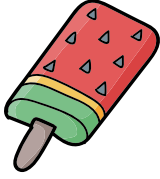
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Product Design Challenge

Welcome to Food Science Camp Day Three!

Over the past couple days, you have learned the science behind some yummy foods! What does a food scientist do? Food scientists study the basic elements of food using chemistry, biology and more. But that's not it! They also study the nutritional content of food and create new products for us to enjoy. When a food product is created, it has to have the correct labels to give consumers the information they need. Today you are going to create your own food product and label to go with it!



Food Labels

The first thing a label needs is a statement of identity. The statement of identity tells you the name of the food like rice, peas, etc. Without it, you wouldn't know what you were buying!

Next, it needs the approximate size. This is typically measured in ounces for smaller products. This tells you how much food you're getting!

The ingredients list is very important! The ingredients list says exactly what is in the product in case a consumer has allergies to certain foods. Most products will tell you if they contain the most common food allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soybeans.

The manufacturing location is included in case consumers need to contact the manufacturers for whatever reason or trace an outbreak.

Finally, all products have the nutrition facts label, which is pictured to the right. Keep in mind the information is based on serving size, not the entire package. And percentages are based off of percent daily value. This means how much of a nutrient you should have daily. (if it says 20% and you consume one serving, you still need 80% of that nutrient)

NUTRITION FACTS

Serving size	Serving per Container		
Amount per serving	Calories		
		% Daily Value*	
Total fat	...g	...%	
Saturated fat	...g	...%	
Cholesterol	...g	...%	
Sodium	...g	...%	
Total carbohydrate	...g	...%	
Dietary Fiber	...g	...%	
Sugar	...g	...%	
Protein	...g	...%	
Vitamin A	...%	Vitamin C	...%
Calcium	...%	Iron	...%

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- Serving Size
- Amount of calories per serving.
- Nutrient information
- Percentages (based off of percent daily value)

Activity

Create your own unique food product! Make a label containing the required parts of a label for your product. There is a blank label at the end of this handout, or be creative and make your own! Use your imagination when creating your product and label. Share your product with us on FlipGrid and tell us what you learned on the Microsoft Form linked below. If you enjoy this activity and want to learn more about careers in food science, check this out: 4-h.org/parents/curriculum/food-science/#!food-scientist



NUTRITION FACTS

Serving
size

Serving
per Container

Amount per serving

Calories

% Daily Value*

Total fat	...g	...%
Saturated fat	...g	...%
Cholesterol	...g	...%
Sodium	...g	...%
Total carbohydrate	...g	...%
Dietary Fiber	...g	...%
Sugar	...g	...%
Protein	...g	...%

Vitamin A	...%	Vitamin C	...%
Calcium	...%	Iron	...%

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
