

ADDITIVES OR PRESERVATIVES?

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DIRECTIONS: If the boldface term in each sentence is correct, leave it as is. If it is not correct, cross it out and write the correct term in the space provided. All categories of additives are listed below:

nutrients	leavening agents	anti-caking agents
preservatives	pH control agents	maturing and bleaching agents
antioxidants	emulsifiers	humectants
enriched	stabilizers	fortified

1. **Nutrients** are substances added to food to make it more nutritious, such as vitamins and minerals. _____
2. **Texturizers**, such as citric acid and sorbic acid, help prevent food spoilage from microorganisms. _____
3. **Emulsifiers** delay and prevent rancidity or enzymatic browning. Examples are BHA and BHT. _____
4. **Humectants** like sorbitol and glycerine cause foods to retain moisture. _____
5. **Anti-caking agents** affect cooking texture and volume. _____
6. **Leavening agents** change and/or maintain acidity or alkalinity. _____
7. Polysorbates and diglycerides are **preservatives** that help keep liquids from separating. _____
8. **Stabilizers** improve texture, consistency and body. _____
9. **Maturing and bleaching agents** improve baking qualities and accelerate the food aging process. _____
10. **Humectants** prevent caking and lumping. _____