

SEAWEED TREASURE HUNT!

Go home and look at the packaged foods in your house. Look for things such as cake mix, ice cream, salad dressing, dog/cat food, etc. Look at the "Ingredients" label on these packages and try to find one or more of these ingredients:

Alginate (or Sodium Alginate or Alginic Acid)

Beta Carotene

Carrageenan

All of these ingredients come from seaweeds. Make a list of the foods and next to the food put an *A* if it contains any of the Alginates; a *B* if it contains Beta Carotene; and a *C* if it contains Carrageenan. (Some foods may contain more than one ingredient.) For example:

| ITEM | INGREDIENT |
|-----------------|--------------|
| Chocolate milk | <i>C</i> |
| Ice cream | <i>B + C</i> |
| Margarine | <i>B</i> |
| Instant noodles | <i>A</i> |

After you've taken all the food out of the refrigerator, freezer and kitchen cabinets and after you've made your list, **be sure to put everything back where you found it!**

| ITEM | INGREDIENT(S) |
|-------|---------------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
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| _____ | _____ |
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KEY: *A* = Aliginates *B* = Beta carotene *C* = Carrageenan