

Short Assignment #1

What's in my food?

- Go to The True Food Network (<http://www.truefoodnow.org/>)
- Click on Shopper's Guide
- Get familiar with the 2008 Pocket Shopper's Guide and the 2003 True Food Shopping Guide/List (top two items on the page)
- Create an Excel table with 6 columns:
 - Product
 - Brand
 - GE ingredients in 2003
 - Likely GE ingredients in 2008
 - GE-free
 - Current or completed biotech field trials
- For TWO days, note ALL food, drinks, and food ingredients you consume in separate rows of your table (cornflakes, ketchup, pasta sauce, cookies, etc.)
- Then, consult the 2003 and 2008 shoppers guides to see how many GE ingredients are likely to hide in your food → mark with "x" in the right column
- Check if these products fall under biotech field trials (Link "Avoid packaged food")
- Remember, GE labeling is not required in the US. So, your list will be your best estimate!

This assignment is due on September 3rd, 2008

at the beginning of class!