

Seaweed Supermarket Challenge

Instructions:

1. Go around the house, looking in the kitchen cupboards, bathroom cabinet and bedroom dressing table and collect a variety of products

2. Without looking at the ingredients, make two piles of products which you think may contain seaweed and those which you think do not contain seaweed

3. When you are happy with your two piles, start to have a look at the ingredients and see if you can spot any that contain seaweed, e.g. Sodium alginate, carrageenan, algae/seaweed extract, *Fucus vesiculosus*, *Chondrus crispus* etc.

4. Discuss why seaweed is used in these products - e.g. usually as a thickening/stabilising agent, vegetarian alternative to gelatine (Carrageenan/Sodium alginate) or as a natural food colouring (Spirulina). In toiletries, seaweeds such as kelp are used for their super high mineral content and cleansing effect on our skin.



meat free savoury flavour burgers, made with mycoprotein, in a hot & spicy breadcrumb
Ingredients: Mycoprotein (56%), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Vegetable Oils (Sunflower, Rapeseed), Potato Protein, Pea Fibre, Wheat Starch, Wheat Gluten, Firming Agents: Calcium Chloride, Calcium Acetate; Natural Flavourings, Kibbled Chilli, Parsley, Salt, Garlic Powder, Onion Powder, Yeast, Stabilisers: Carrageenan, Sodium Alginate; Tomato Powder, Spices