

# What Does That Mean?

Fold the right side of your paper over to the dotted line. Consider each term listed on the left and write what you think it means. Then unfold your paper to learn the true meaning.

**“Local”** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Local**

This term is not defined by government regulatory agencies. Generally it describes foods grown or produced within close proximity to where they're purchased, though the actual distances vary.

**“All Natural”** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **All Natural**

This term is not defined by government regulatory agencies. Generally it refers to foods that contain only ingredients found in nature, though actual ingredients vary.

**“Enriched”** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Enriched**

The process of restoring nutrients in foods lost during handling, processing, or storage. You'll see this term with foods like pasta and flour.

**“Organic”** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Organic**

The US Department of Agriculture defines this term as foods produced without man-made pesticides and fertilizers, antibiotics, or growth hormones. Products labeled “100% organic” or “organic” may display a USDA organic seal. Products labeled “Made with Organic Ingredients” contain at least 70 percent organic ingredients.

**“Irradiated”** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

## **Irradiated**

The process of killing harmful bacteria and other organisms by exposing food to safe levels of radiation. Irradiating foods also extends shelf life and improves safety. Fruits, vegetables, meat, poultry, fish and seafood, cereals, and legumes are some of the items that can be irradiated.

**“Vacuum-packed”** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Vacuum-packed**

The process of storing foods in an airless environment, such as an airtight package or bottle, to prevent the growth of microorganisms.

**“Fortified”** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

## **Fortified**

The process of adding nutrients at levels beyond those that occur naturally in a food to meet public health goals.

**“Pasteurized”** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

## **Pasteurized**

The process of eliminating harmful organisms by heating a food or beverage for a specified amount of time to ensure food safety.

(RI.6–8.4)

**Bonus:** Which of these words have you seen on food labels? Did you have a good, bad, or neutral impression of what these terms meant? Does their actual definition change your perception? How or why?