

# Is your food real?

Here's the challenge:  
can you spot the  
difference between  
the two chocolate  
puddings?



Write down any differences you can spot between the two chocolate pudding products shown above .....

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HINT: Chocolate is expensive, so companies can make more money if they cut down on the amount of real chocolate that they use - replacing it with cheaper ingredients. Did you spot the difference? *Chocolate flavour* means 'contains little or no chocolate' - the chocolatiness comes from flavouring. *Chocolate flavoured* means that the product has to contain at least some real chocolate.

TIP: Watch out for the word 'flavour' on products - it usually means 'added chemicals' and less real food!

