

UNDERSTANDING E-NUMBERS:

What You Need to Know

INTRODUCTION:

In this presentation, we will be discussing E-numbers and the role they play in our food. E-numbers are codes for food additives that are used throughout the European Union. They are used to identify ingredients in food products and to ensure that they are safe for consumption.

However, many people are unaware of what E-numbers are, what they do, and how they might affect our health. This presentation will provide an overview of the most common E-numbers, their uses, and potential health effects.

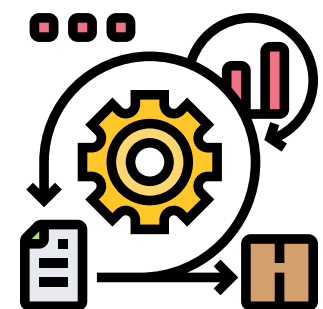
Content Outline:

- Understanding the role of E-numbers in food
- Identifying E-numbers on food labels
- Evaluating the safety and potential health effects of E-numbers
- Strategies for minimizing exposure to potentially harmful E-numbers
- Tips for finding and choosing foods with minimal E-numbers

Methodology:

This presentation will include a combination of lectures and interactive activities to engage attendees.

There will be opportunities for attendees to ask questions and share their own experiences and tips.



Conclusion:

By the end of this session, attendees will have a better understanding of E-numbers and their role in our food. They will have learned about the most common E-numbers, their uses and potential health effects. They will also have been equipped with the tools to identify E-numbers on food labels, understand their purpose and make more informed choices about the food they consume.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

