


Государственное бюджетное учреждение  
средняя общеобразовательная школа № 204  
“How harmful food can be”

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The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect. The text is centered horizontally and set against a plain white background.

How harmful food can be

# Additives

Some ingredients in food can be very dangerous for your health and especially additives.



# Influence of additives

On few examples we'll check how harmful some ingredients can be. As for the first example we'll take canned pork.





Some of the most harmful ingredients in canned pork are E407 and E508. E407 contains ethylene oxide which is very toxic. Overdosing with E508 can cause poor work of heart and deterioration of nervous system.

The other two harmful ingredients are E450 and triphosphates. E450 in case of overdosing can cause joints illnesses and imbalance of microorganisms and macroorganisms. Triphosphates can cause osteoporosis.

# Second example

As for the second example we'll take instant noodles.



In instant noodles we can find two harmful ingredients: E1422 and E452. E1422 can cause diarrhea and also it is harmful for pancreas. E452 can cause tumors.



By checking the products composition you can understand if it's harmful for you or not. I'd recommend you to check the composition of products that you're going to buy.



**Thanks for your attention**

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