# Food Additives
# 食物添加劑

# What are food additives?
# 食物添加劑是什麼?

- Food additives are chemicals which are added to food during processing.

  食物添加劑是指在食物製造或加工過程中加入的天然或人工製成的化學物質。

# Advantages of Food Additives
# 食物添加劑的優點

- Increase the shelf life of food

  延長食物的保質期

- Improve the look, colour and texture of food

  改善食物的外觀、顏色及質感

- Preserve or enhance nutritional value

  保存或增加營養價值

# Disadvantages of food additives
# 食物添加劑的缺點

- Food additives sometimes destroy vitamins in food

  食物添加劑有時會破壞食物中的維生素

- Food additives may be used to make bad quality food look good

  食物添加劑或會美化了劣質食品

- Many people are allergic to particular food additives

  有些人可能會對某些食物添加劑產生過敏反應

# Examples of Food additive
# 食物添加劑的例子

- *Preservatives（防腐劑）*

- *Antioxidants（抗氧化劑）*

- *Sweeteners（甜味劑）*

- *Colourings（食物色素）*

- *Flavourings（香味劑）*

# Colourful Cup Cakes

# 蛋糕添色彩

## Ingredients 材料:

- Instant cake mix 蛋糕粉      150 g（克）
- Eggs 蛋      2
- Milk 牛奶      75 ml（毫升）
- colourings / flavourings      a few drops（數滴）

食物色素 / 香味劑

## Method 製法:

1. Preheat the oven to 180° C.
   預熱焗爐至攝氏180度。
2. Line a muffin tin with paper cups.
   把蛋糕紙杯放進鬆餅盤內。
3. Put all the ingredients into the mixing bowl and beat for 5 minutes.
   將所有材料攪打5分鐘。
4. Spoon the mixture into the paper cups and bake for 15–20 mins.
   將蛋糕混合物倒入紙杯內，焗15–20分鐘。

The End

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