

Is There Kelp in Your Cupboard?

Do you have kelp in your house? Chances are you do! Kelp and other seaweeds are used in a variety of common foods and household items like toothpaste, frozen desserts and salad dressings.

Be a seaweed sleuth and see what food or other products you can find that contain algae! Need help getting started? Read the information below, then look at the ingredients in toothpaste, ice cream and pudding.

Helpful Hints:

Seaweeds are large ocean plants called algae. The three main groups of seaweed are **brown**, **red** and **green** algae, each providing important ingredients for the manufacture of food and other products.

Alginate, **carrageenan** and **beta carotene** are the names for the algae products you might find in foods or other products in your cupboards. These seaweed derivatives help ingredients mix together and form thick, gooey gels.

Alginates come from brown algae like giant kelp, *Macrocystis porifera*. Alginates help oil and water mix together to form smooth liquids. They are used in a wide variety of foods including desserts, milkshakes, dairy products, canned foods, frozen foods, salad dressings, cake mixes and meringues. Alginates are also used in the manufacture of drugs, cosmetics, building materials, livestock and poultry feed, fertilizers and beer.

Carrageenan is an ingredient found in many kinds of red algae. It's used to gel foods like ice cream, cosmetics, medicine and other products.

Beta carotene is a natural pigment derived from green algae and other sources. It is used as a yellow-orange food coloring and may prevent certain types of cancers.



CUPBOARD

Draw or jot down what you found with algae in it!