



Know Your E-Numbers

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: E-numbers are codes used to replace the chemical names of food additives. They are used to enhance and modify food shelf-life, flavours, colours, appearance and more.

This presentation shares knowledge of common E-numbers, their function, the foods they are found in, and the health impact of certain additives.

Content includes:

- Naturally occurring E-numbers
- Common E-Numbers - Colour additives, Preservatives, Enhancers (Flavour, Appearance, Texture)
- Common E-Numbers - Antioxidants, Stabilizers, Thickeners, Sweeteners, Emulsifiers
- Scientific studies on the health impact of certain additives
- Food colours & hyperactivity

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.