

Activity 5

Resources

Example Nutrition Labels

Whole Wheat Bread

Ingredients: 100% whole-wheat flour, water, honey, yeast, etc.

Nutrition Facts	
Serving Size 1 slice (26g/0.9 oz)	
Serving per Container 22	
Amount per Serving	
Calories 50	Calories from Fat 10
% Daily Value	
Total Fat 1g	1%
Total Carbohydrate 10 g	3%
Dietary Fiber 3 g	12%
Sugars 1 g	
Protein 4 g	

Vitamins Per Serving	%DV
Vitamin E (Alpha Tocopherol)	1%
Vitamin K	3%
Thiamin	6%
Riboflavin	6%
Niacin	10%
Vitamin B6	3%
Folate	4%
Pantothenic Acid	2%
Minerals Per Serving	% DV
Calcium	3%
Iron	4%
Magnesium	6%
Phosphorous	6%
Potassium	2%
Copper	6%
Manganese	30%
Selenium	16%
Sodium	5%
Zinc	4%

Wheat Bread

Ingredients: Enriched wheat flour, water, honey, yeast, etc.

Nutrition Facts	
Serving Size 1 slice (26g/0.9 oz)	
Serving per Container 22	
Amount per Serving	
Calories 60	Calories from Fat 5
% Daily Value	
Total Fat 0.5g	1%
Total Carbohydrate 12 g	4%
Dietary Fiber 1 g	4%
Sugars 1 g	
Protein 3 g	

Vitamins Per Serving	%DV
Vitamin K	2%
Thiamin	6%
Riboflavin	2%
Niacin	4%
Vitamin B6	1%
Folate	6%
Pantothenic Acid	2%
Minerals Per Serving	% DV
Calcium	0%
Iron	5%
Magnesium	3%
Phosphorous	4%
Potassium	1%
Copper	3%
Manganese	14%
Selenium	7%
Sodium	5%
Zinc	1%

Data Sheet

Step 1 - Look at the nutrient label. Locate the total carbohydrates, protein, total fat, Write the total below

<i>Use 1 paper clip per gram</i>	Total Carbohydrates = _____ paper clips
	Total Fat = _____ paper clips
	Protein = _____ paper clips
	Fiber = _____ paper clips
<i>Use 1 paper clip per percent of daily value (If it is more than 15, only use 15)</i>	Vitamins () = _____ paper clips
	Minerals () = _____ paper clips

Step 2 - Write expressions that could be used to find the following information:

Total number of fat, carbohydrates, and fat grams

Total number of fat grams and carbohydrates

Total number of fat grams and carbohydrates

Challenge Problems

Total number of calories from fat

Total number of calories from carbohydrates

Total number of calories from protein

Step 3 – On the back of this sheet or on another sheet of paper, create a table, chart, or graph to display your findings.

Step 4 – Answer the questions below on the back of this sheet or on another sheet of paper.

1. Which food is the best choice? What is your evidence?
2. Which food provides the most energy? How do you know?
3. Which food provides the most nutrients? How do you know?
4. What have you learned about simple and complex carbohydrates? How are they different? How are they the same?
5. How will you change your diet based on what you learned from this investigation?

Sample Index Card

Name of food:

Serving Size:

Total Number of Calories:

Carbohydrates	Protein	Fat	Fiber	Vitamins	Minerals
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