

Food Label Activity

Nutrition Facts:

Ingredient List:

SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), HIGH OLEIC CANOLA AND/OR PALM OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, VANILLIN-AN ARTIFICIAL FLAVOR, CHOCOLATE. CONTAINS: WHEAT, SOY.



Serving Size 3 cookies (34g)	
Serving Per Container 15	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	2%
Calcium 2%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Carbs 1g=4cal Lipids 1g=9cal Proteins 1g=4cal

- How many cookies are in a serving? _____
- How many servings are in a package? _____
- If you ate an ENTIRE package- how many calories did you consume? _____
- Name at least 3 carbohydrates found in the ingredients list.

- What is the total fat grams found in 1 serving of cookies? _____
- Calculate the amount of calories from the total fat. _____
- Calculate the amount of calories from the total carbohydrates. _____
- Is this food a good source of protein? Why or why not? _____
- Calculate the amount of calories from the total protein. _____
- Which biomolecules is absent from a food label? Why? _____
- A student preparing for a hike wants to pack a snack that has biomolecules that provide quickly available energy but few excess calories. Which nutrition label lists the best combination of biomolecules that provide quickly available energy while providing the fewest calories from other type of biomolecules? CIRCLE your answer.

A

Nutrition Facts	
Serving Size: 1 Tbsp (6g)	
Amount Per Serving	
Calories: 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Potassium	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5g	

B

Nutrition Facts	
Serving Size: 1 package (50g)	
Amount Per Serving	
Calories: 180	Calories from Fat 75
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 13g	5%
Fiber 1g	
Sugars 9g	
Protein 15g	

C

Nutrition Facts	
Serving Size: 1 cup (250g)	
Amount Per Serving	
Calories: 975	Calories from Fat 752
% Daily Value*	
Total Fat 83.5g	128%
Saturated Fat 12.25g	61%
Trans Fat	
Cholesterol 65mg	22%
Sodium 1775mg	74%
Potassium 22.5mg	1%
Total Carbohydrate 59.5g	20%
Dietary Fiber 0.25g	1%
Sugars 50.28g	
Protein 2.25g	

D

Nutrition Facts	
Serving Size: 1 bar	
Amount Per Serving	
Calories: 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	10%
Sugars 10g	
Protein 5g	8%

Food Label Lab
Analyze Your Own Label

Name of food: _____

Serving Size: _____

Calories per Serving: _____

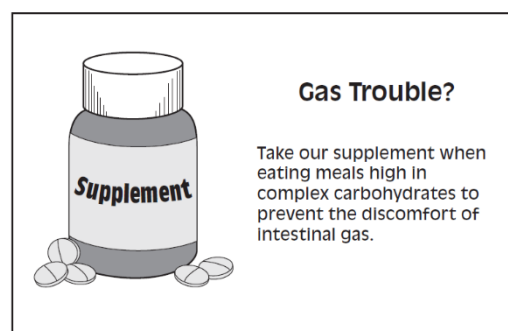
Compound	Grams/Serving	Calories per gram	Calories/Serving
Total Carbohydrates	_____	x _____	_____
Total Fat	_____	x _____	_____
Protein	_____	x _____	_____
TOTALS	_____		_____

Answer the questions in COMPLETE SENTENCES:

1. Why do you think our bodies store lipids instead of the other biomolecules?
2. Describe the math behind calculating calories per gram for carbohydrates.
3. How many calories per gram do you receive from fats?
4. When does your body use protein for energy and how many calories does your body receive per gram?
5. When will your body start to burn fat?

6. Some foods that are rich in complex carbohydrates can be difficult to digest. Gas often forms as the foods are slowly digested by bacteria in the large intestine. The advertisement is for a nutritional supplement that prevents intestinal gas.

Which of the following represents evidence that could be used to support the claims about this product?



F Complex carbohydrates are found in vegetables and grains, which are good sources of fiber, vitamins, antioxidants, and minerals. Vegetables and grains are known to reduce the risk of heart disease.

G Some nutritional supplements provide vitamins and minerals that are missing from a person's diet. These types of nutritional supplements contain important nutrients that reduce the risk of malnutrition.

H Consuming enzymes specific for carbohydrate digestion helps the body digest complex carbohydrates more quickly in the stomach and small intestine.

J Some nutritional supplements add beneficial bacteria to a person's diet. These bacteria populate the stomach and prevent carbohydrate digestion.