

Nutrition and Food Label Booklet

Introduction: This assignment is designed to get you thinking analytically about the food you eat. Do you get enough of the major nutrients? Do you eat enough calories? You will increase your understanding of food labels and what they tell us. By completing this project you will be more aware of the foods you eat. This new knowledge will be used to analyze your own diet. You will create a six page personalized guide to your nutrition and other various components to your diet. It should be neat, creative and organized. A rubric will be passed out soon to guide you in how you will be graded.

Cover: A creative and interesting cover must contain a title, heading, and illustration pertaining to food. Use the entire space of the page.

Page 1: An introduction explaining the purpose of the booklet. You will also describe what you learned from this project in terms of understanding the positive and negative nutritional aspects of the foods you eat.

On pages two through 4 you will analyze food labels. It is important that you choose foods that you really eat.

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Each page will include:

- paragraph form
- A food label or a copy of a food label
 - What food category does this food belong to?
 - Look at the serving size. Is it a reasonable amount?
 - Which major nutrients does the food supply? (Carbohydrates, protein, fat, etc...)
 - Calculate the % of calories from fat, protein and carbohydrates for each serving. (see class notes)
 - Positive aspects of the food (Is it nutritious? How is it good for you?)
 - Negative aspects of the food (Too much of anything? Too many preservatives?)
 - If present, identify one food additive. What is its function?

Page 2: Breakfast food (ex: cereal + milk)

Page 3: Dinner or lunch food (spaghetti + sauce)

Page 4: Candy, or some other sweet, dessert food

Page 5: Investigate food additives (preservatives) and food supplements (vitamins). What are the advantages and disadvantages of each? Use your library research, class labs, and information from food labels.

Page 6: Analyze your own diet. Are you consuming the right amount of food? Is there anything you eat too much or too little of? Are you getting enough of all the nutrients? What parts of your diet are healthy? What parts of your diet are unhealthy and could be changed? How can you improve your nutrition?

Due Date: _____