Name:

**Nutrition**

<http://www.mhhe.com/biosci/genbio/virtual_labs_2K8/labs/BL_15/>

1. Why is it important to read the nutrition facts on labels?

Open the guidebook. Click on each of the nutrients to learn more about them:

1. What is a calorie?
2. How many calories are in one gram of fat?
3. How much total fat should you consume per day?
4. What types of food contain saturated fat?
5. Are saturated and trans-fats healthy? Explain.
6. What is the link between eating too many fats and your cholesterol levels?
7. What is the main function of carbohydrates in the body?
8. Why is fiber an important part of your diet?
9. Why should we limit our sugar intake?
10. What is the main function of proteins in the body?

Open the “Daily Calories Chart”:

1. How many calories do you need to consumer per day?

Your goal is to build a daily menu by selecting healthy foods. You must make sure to get enough carbohydrates and proteins without getting too much fat, cholesterol or sodium. Try to stay within your daily calories as well.

You can view the food labels before dragging them to whichever meal you want to include them in. To remove an item, drag it to the “Return Item” icon.

|  |  |
| --- | --- |
| Meal | Foods Chosen |
| Breakfast |  |
| Snack |  |
| Lunch |  |
| Snack |  |
| Dinner |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Calories | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbohydrates | Proteins |
|  |  |  |  |  |  |  |  |

1. Explain why the menu of food choices you made is nutritious, meaning the food choices follow the government's recommendations for calories and nutrients.
2. How can you use the Nutrition Facts label to make healthy decisions?
3. Did the menu you created contain the foods you like to eat? Explain why or why not.
4. What did you notice about the nutrients in fast foods?
5. What did you notice about the food group icons in your Daily Meals area? Did you favor a specific food group? Explain.