Chemistry Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Activity: Food Label Analysis

**DIRECTIONS:** We have looked at food labels and we should now be able to analyze them and obtain information about the calorie content of food. You need to identify 10 foods and list them in the space provided. These should be 5 foods that you have eaten in the last few days and 5 foods that you enjoy and eat often. It needs to be 10 different foods. You can’t have Lay’s Potato Chips and Pringle Potato Chips. You can include dressings and foods such as relish or ketchup. After you make your list, you need to do an internet search to find the nutritional information and observe the grams of proteins, carbohydrates and fats in each and see how it agrees with the calorie content on the label. Cut and paste the label in the space provided. If you have a food at home that you can’t find, you can handwrite the information. Feel free to substitute items that are similar. For example: If you like Skippy Peanut Butter but can only find a Jif label, that is fine.

Remember that proteins 🡪 4 calories per gram, carbohydrates 🡪 4 calories per gram,

and fats 🡪 9 calories per gram

Part 1: List the 10 foods that you wish to analyze

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Part 2: Start your analysis. Fill in the nutritional information asked for. Calculate the number of calories using the information in the directions and see how it agrees with the label. Cut and paste the nutritional label in the space provided to the right of the data.

Food # 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food # 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Food # 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Food # 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food # 5: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Food # 6: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Food # 7: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food # 8: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Food # 9: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Food # 10 Food # 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of grams of protein: \_\_\_\_\_\_\_\_\_\_

Number of grams of carbohydrates: \_\_\_\_\_\_\_\_\_\_

Number of grams of fats: \_\_\_\_\_\_\_\_\_\_

Total number of calories from data: \_\_\_\_\_\_\_\_\_\_

How does it agree with the label ?:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_