Biology 1

Name:

Organic Molecules in Food

Date:

Hour:

Review at least 5"Nutritional Facts" labels from foods that you regularly eat. Record the information for each food in the chart below.

Food Product	*Total Calories (per serving)*	*Total Fat (grams per serving)*	*Calories from Fat*	*Saturated Fat (grams per serving)*	*Calories from Saturated Fat*	*Unsaturated Fat (grams per serving)*	*Calories from Unsaturated Fat*	*Total Carbohydrates (grams per serving)*	*Calories from Carbohydrates*	*Sugars (grams per serving)*	*Calories from Simple Carbs.*	*Complex Carbohydrates (grams per serving)*	*Calories from Complex Carbs.*	*Protein (grams per serving)*	*Calories from Protein*
TOTAL															

Calorie totals may not add up exactly. This is because 4 calories/gram and 9 calories/gram are estimates based on average calorie content per gram of the given organic macromolecule.

Helpful Tips:

Total Fat (11g) - Saturated Fat & Trans Fat (3g) = (8g) Unsaturated Fat

Total Carbohydrate (14g) - Sugars (1g) = (13g) Complex Carbohydrates (polysaccharides such as starch)

Sugars (1g) = (1g) Simple Carbohydrates (monosaccharides & disaccharides such as glucose & sucrose)

Fat: 1 gram = 9 calories

Protein: 1 gram = 4 calories

Carbohydrates: 1 gram = 4 calories

Nutrition Facts

Serving Size 1 ounce Servings in bag 4

Amount Per Serving	
Calories 155	Calories from Fat 93
	% Daily Value*
Total Fat 11g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	

Vitamin A	0%	• Vitamin C	9%
Calcium	1%	• Iron	3%

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

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Answer these questions in complete sentences.

Date:
Hour:

Conclusions:

1. Was the food that you analyzed something that you would eat on a regular basis? Explain.

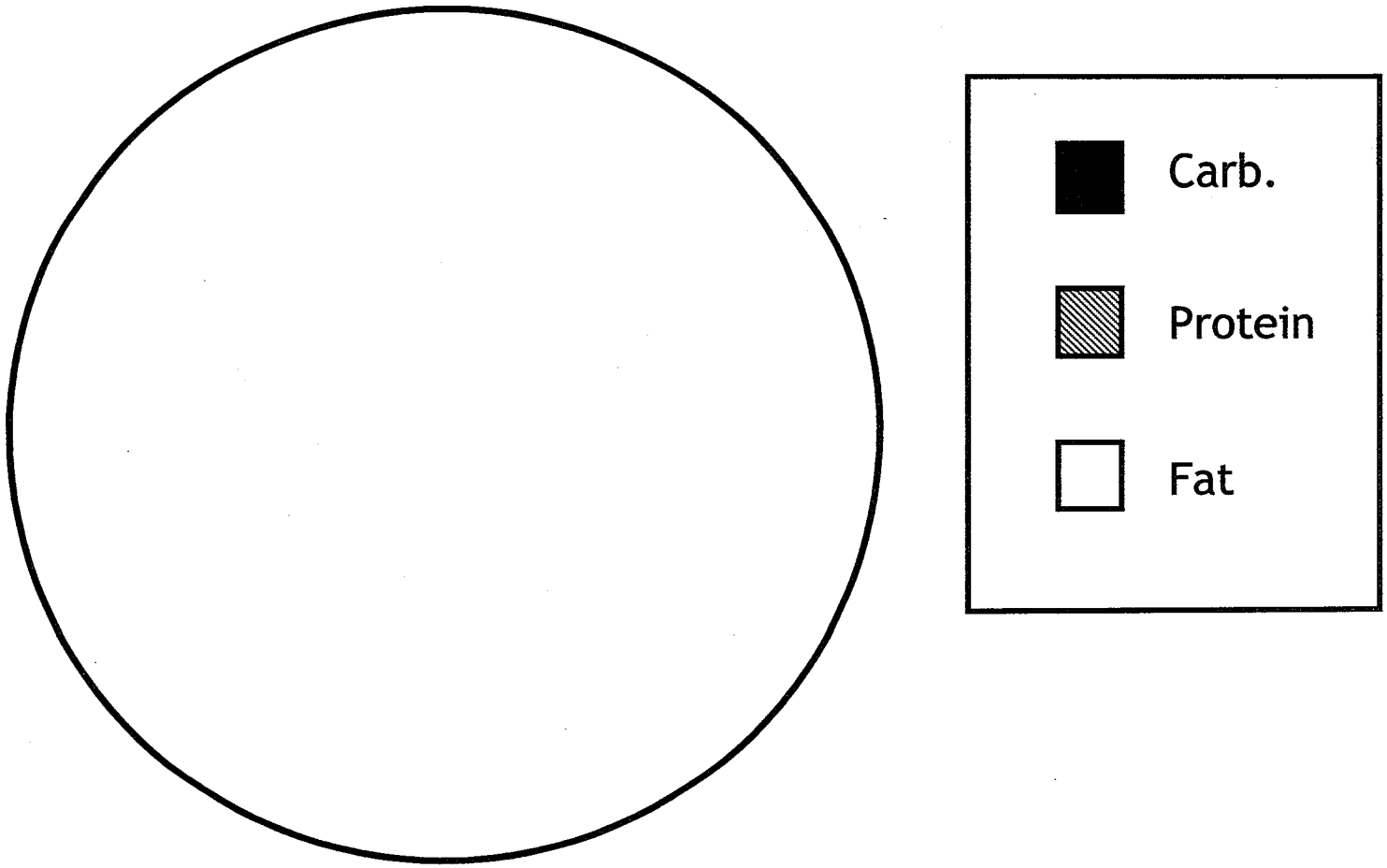
2. Would you consider the food that you analyzed healthy or junk-food? Explain.

3. Considering all the food that you analyzed: Rank the types of organic molecules that we studied in terms of how large of a component they are in the food that we eat. Consider the percentage of calories that come from each type of molecule.

4. Pick an item that you analyzed that you feel has low nutritional value. Where do most of the calories come from? (type of organic molecule)

5. Pick an item that you analyzed that you feel has high nutritional value. Where do most of the calories come from? (type of organic molecule)

6. On the back: Construct a pie chart using the data you've collected from above. You'll have to calculate total calories by adding calories from carbs, fats & protein.



7. Do you feel that you eat a healthy diet? Describe the main types of food you eat. If you eat healthy, describe the types of food you eat that you feel are good for you. If you don't eat healthy, describe the types of food you feel that you should eat more of.