

Name: _____

The Big Reveal: What's Behind Nutrition Labels Student Sheet

Directions: *Before reading*, in the first column, write "A" or "D," indicating your agreement or disagreement with each statement. As you read, compare your opinions with information from the article. In the space under each statement, cite information from the article that supports or refutes your original ideas.

Me	Text	Statement
		1. A food calorie is a chemist's kilocalorie, and they both measure energy.
		2. The calorie content of food was first determined in the early 1900s.
		3. Fats and carbohydrates contain the same number of Calories per gram.
		4. Dietary fiber has more calories than fats, carbohydrates, or proteins.
		5. The number of calories needed per day depends on a person's age, gender, and activity level.
		6. You can change your basal metabolic rate.
		7. Most nitrogen in foods comes from proteins.
		8. About 30% of your daily calories should come from fat.
		9. In the past, the carbohydrate content of foods has been calculated mathematically, not measured in a food science lab.
		10. About half of your daily calories should come from proteins.

Directions: As you read the article, complete the chart below comparing proteins, carbohydrates, and fats in our food.

Nutrient	Calories/ gram	Foods containing this nutrient	How amount of this nutrient is determined	Percent of nutrient needed daily
Proteins				
Carbohydrates				
Fats				

Directions: Answer the following questions about the article

1. What information does a nutrition label on food typically contain?
2. What is the definition of a Calorie?
3. What is the difference between a nutritional Calorie (uppercase C) and a calorie (lowercase c)?
4. How many Calories per gram are found in carbohydrates, proteins, and fats?
5. Does every person require the same amount of calorie intake? Explain.
6. How is the Kjeldahl method used to determine the amount of protein in a food?
7. What two methods are used to measure fat content in food? What is the drawback of one of the methods?
8. How is the amount of total carbohydrates in food found?
9. How much protein, fat, and carbohydrate is it recommended that we consume?