

the energy in food

Complete the following assignment below using the sources listed.

- On average, how many calories should someone your age and activity level have in one day? Calculate this using www.my-calorie-counter.com
- What percentage of your daily allowable calories should come from the following? How many calories would this be based on your above total calories/day? Read <http://schsfoods10.weebly.com/nutritional-information.html> .
 - Fat
 - Protein
 - Carbohydrates
- Choose 1 commercial sit down restaurant, 1 commercial fast food restaurant and 1 commercial coffee shop found in Canada that you would be interested in learning more about the nutritional value of their food. List them below.
 - a.
 - b.
 - c.
- List 3 items that you would consider ordering for a MEAL or SNACK from each establishment. Using the nutrition guide online, what is the total fat, sodium and calories for each item. FYI 1500mg is your daily requirement of sodium.

Example:

Fast Food Establishment Name: Tim Hortons				
		Fat (g)	Sodium (mg)	Calories
Menu Item 1	Large Double Double	14	60	280
Menu Item 2	Multigrain Bagel & Cream Cheese	23	759	474
Menu Item 3	Vanilla Yogurt & Berries	2	45	160
Totals		39g	864 mg	914 cal
% of daily requirements		47%	58%	37%

Fat %= $39\text{g of fat} / (30\% \times 2500\text{calories} = 750\text{ calories from fat} / 9\text{ calorie/g of fat} = 83\text{ g of fat/day} = 47\% \text{ daily calories from fat}$

Sodium%= $864\text{ mg of sodium} / 1500\text{ mg of sodium/day} = .58 \times 100 = 58\% \text{ daily sodium intake}$

Calories%= $914\text{ calories} / 2500\text{ total calories per day} = .37 \times 100 = 37\% \text{ daily calorie intake}$

Sit Down Restaurant Name:				
		Fat (g)	Sodium (mg)	Calories
Menu Item 1				
Menu Item 2				
Menu Item 3				
totals				
% of daily requirements				

Fast Food Restaurant Name:				
		Fat (g)	Sodium (mg)	Calories
Menu Item 1				
Menu Item 2				
Menu Item 3				
totals				
% daily requirements				

Coffee Shop Name:				
		Fat (g)	Sodium (mg)	Calories
Menu Item 1				
Menu Item 2				
Menu Item 3				
totals				
% daily requirements				

5. Using the same nutrition guides as you used above. For A: List 3 items that you could eat for a low calorie meal, under 500 calories & and for B: List 3 items that you could eat for a high calorie meal, over 1500 calories. CALCULATE the calories and CIRCLE your answer!

a. Healthy Lunch Choice from _____ restaurant.

b. Rich, Indulgent Supper Choice from _____ restaurant.