HEALTH

NUTRITION LABEL PROJECT

Cut out and bring in 5 nutrition labels from home or information pamphlets from fast food restaurants. You will select 10 ingredients from those labels (2 from each), and gather the following information for each ingredient.

For each of your 5 labels (20 points):

Name the food your label came from (1 pt.)

List calories, fat, protein, carbohydrates, sugar, fiber (½ pt. each)

For each of the 10 ingredients (½ pt. ea. – 25 total):

Scientific name

Common name (if it has one)

Other items the ingredient is found in (at least 3 items, the more absurd the better).