Interpreting Food Labels Lab: Stored Food Energy

Food supplies us with matter to build living tissue and energy to do work. The energy content of food is measured in calories.

Objective: In this activity, you will be exploring how foods differ in their energy content. You will make a graph and interpret data pertaining to the energy content and nutritional value of various foods.

Directions: For each label record the food, calories per serving, grams per serving, sugars, protein and the grams of total fat. You will calculate the calories per 100 grams.

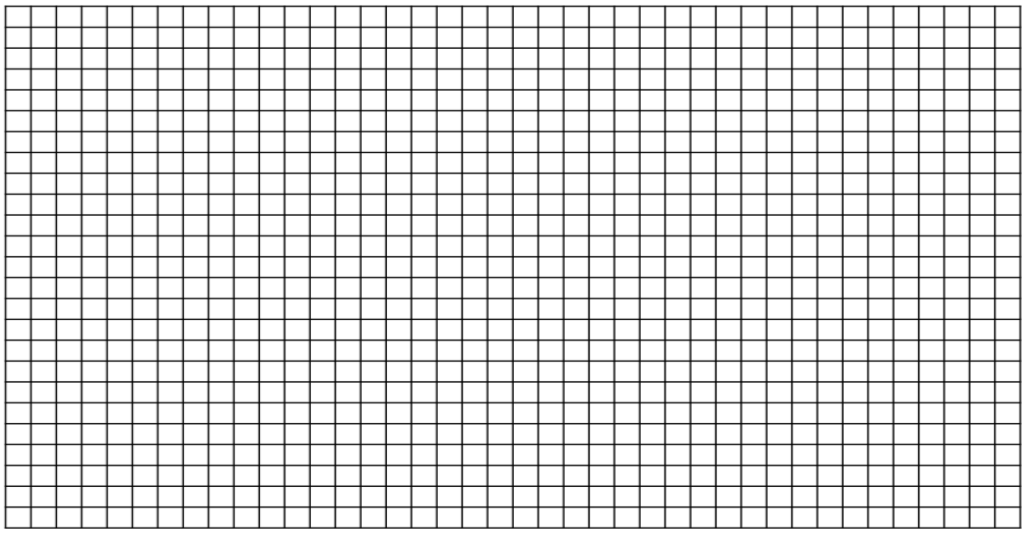
1. Take the calories per serving and divide by the grams per serving.

2. Multiply by 100 to find the calories per 100 gram sample.

3. When you have collected the nutrition information, make a bar graph that compares the calories per serving to the calories per 100 grams for each food. Once you have completed the graph, answer the questions on Google Classroom.

****Copy data table and graph on your graph paper****

Food	Grams per Serving	Calories per Serving	Total Fat per Serving	Sugars per Serving	Protein per Serving	Calories per 100 grams



See whiteboard if you are struggling with setting up your graph!