

## FAT TEST

Record the size of your grease spots in cm<sup>2</sup>.

Food tested	Size of grease spot

### What is fat?

Fats are a group of nutritional chemicals in foods. Fats usually feel slippery. Fats are oils, greases, and animal fats.

Rank	Food tested	Size of grease spot
1	Cooking oil	
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		

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15		
16		
17		

## RESPONSE SHEET—THE FAT TEST

.....

Neha and Arya pack their own lunches for school each day. Neha likes to pack her lunch the night before, so she doesn't have to think about it in the morning. Arya prefers to pack his lunch in the morning. They both pack their lunches in brown paper bags.

One day as they were getting ready to go to the cafeteria, Neha noticed a dark spot on her lunch bag. When Arya looked at his bag, he noticed a dark spot, too. When they compared the spots on their two bags, they saw that Neha's was about twice the size of Arya's.

When they looked in their bags, they saw that potato chips had caused the spot on Neha's bag and corn chips had caused the spot on Arya's bag.

Arya said, "I think potato chips have more fat in them than corn chips."

- a. Why do you think Arya said that potato chips have more fat? Do you agree with him? Why or why not?
- b. What would you do to compare the amount of fat in these two kinds of chips?
- c. If you wanted to find out the percentage of fat in corn chips, what would you do?

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Arya said, "I think potato chips have more fat in them than corn chips."

- a. Why do you think Arya said that potato chips have more fat? Do you agree with him? Why or why not?
- b. What would you do to compare the amount of fat in these two kinds of chips?
- c. If you wanted to find out the percentage of fat in corn chips, what would you do?

## COOKIE LABELS

**GRANNY'S** RASPBERRY DREAM

**Ingredients:** Wheat flour, sugar, sweet chocolate, corn syrup, partially hydrogenated vegetable shortening, red raspberries, non-fat milk, cornstarch, invert syrup, vanilla, pectin, baking soda, salt, citric acid, caramel color.

**Winners Brand**  
Choco-chunk Cookies

**Ingredients:** Unbleached wheat flour, sugar, milk chocolate, partially hydrogenated vegetable shortening, whole eggs, brown sugar, nonfat milk, butter, baking soda, egg whites, vanilla, salt.

**Silly-Vanilly Snaps**

**Ingredients:** Wheat flour, sugar, partially hydrogenated vegetable shortening, whole eggs, butter, high-fructose corn syrup, salt, vanilla, baking soda, whey.

(Package labels list the ingredients in order from the most plentiful ingredient to the least plentiful ingredient.)

What two ingredients are present in the greatest quantity in  
 Granny's Raspberry Dream cookies? \_\_\_\_\_  
 Winners Choco-chunk Cookies? \_\_\_\_\_  
 Silly-Vanilly Snaps? \_\_\_\_\_

What ingredients are in all three cookies? \_\_\_\_\_  
 \_\_\_\_\_

What ingredients are unfamiliar to you? \_\_\_\_\_  
 \_\_\_\_\_

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 Winners Choco-chunk Cookies? \_\_\_\_\_  
 Silly-Vanilly Snaps? \_\_\_\_\_

What ingredients are in all three cookies? \_\_\_\_\_  
 \_\_\_\_\_

What ingredients are unfamiliar to you? \_\_\_\_\_  
 \_\_\_\_\_

## Colorful Circles

### Nutrition Facts

Amount Per Serving		% Daily Value*	
Calories	Calories from Fat		
100	5		
<b>Total Fat</b> 1.0g			
		2%	0%
<b>Saturated Fat</b> 0.5g			
		3%	0%
<b>Cholesterol</b> 0mg			
		0%	0%
<b>Sodium</b> 1.25mg			
		5%	8%
<b>Total carbohydrate</b> 2.4g			
		8%	3%
<b>Dietary Fiber</b> 1g			
		3%	
<b>Sugars</b> 13g			
<b>Protein</b> 1g			
<b>Vitamin A</b> 10%			
<b>Vitamin C</b> 20%			
<b>Calcium</b> 8%			
<b>Iron</b> 20%			
<b>Vitamin D</b> 10%			
<b>Thiamin</b> 20%			
<b>Riboflavin</b> 20%			
<b>Niacin</b> 20%			
<b>Vitamin B<sub>6</sub></b> 20%			
<b>Folic Acid</b> 20%			
<b>Vitamin B<sub>12</sub></b> 20%			
<b>Zinc</b> 20%			

Ingredients: Corn, wheat, and oat flour; sugar; partially hydrogenated vegetable oil (one or more of: coconut, cottonseed, and soybean); salt; sodium ascorbate and ascorbic acid; yellow #6; reduced iron; natural flavors; lemon, cherry, blueberry, raspberries, lime, and other natural flavors; red #40; turmeric color; annatto color; blue #2; pyridoxine hydrochloride; blue #1; riboflavin; vitamin A palmitate; thiamin hydrochloride; BHT; folic acid; vitamin B<sub>12</sub> and vitamin D.

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Flat Flakes

### Nutrition Facts

Amount Per Serving		% Daily Value*	
Calories	Calories from Fat		
80	0		
<b>Total Fat</b> 0g			
		0%	0%
<b>Saturated Fat</b> 0g			
		0%	0%
<b>Cholesterol</b> 0mg			
		0%	0%
<b>Sodium</b> 230mg			
		10%	6%
<b>Total carbohydrate</b> 18g			
		6%	4%
<b>Dietary Fiber</b> 1g			
		4%	
<b>Sugars</b> 2g			
<b>Protein</b> 1g			
<b>Vitamin A</b> 10%			
<b>Vitamin C</b> 15%			
<b>Calcium</b> 0%			
<b>Iron</b> 30%			
<b>Vitamin D</b> 8%			
<b>Thiamin</b> 15%			
<b>Riboflavin</b> 15%			
<b>Niacin</b> 15%			
<b>Vitamin B<sub>6</sub></b> 15%			
<b>Folic Acid</b> 15%			
<b>Vitamin B<sub>12</sub></b> 15%			

Ingredients: Milled corn; sugar; salt; malt flavoring; high-fructose corn syrup; sodium ascorbate and ascorbic acid; reduced iron; niacinamide; pyridoxine hydrochloride; riboflavin; vitamin A palmitate; thiamin hydrochloride; folic acid; vitamin B<sub>12</sub>; vitamin D; BHT (preservative).

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Calories 2,000  
Total Fat Less than 65g  
Saturated Fat Less than 30g  
Cholesterol Less than 300mg  
Sodium Less than 2400mg  
Total carbohydrate 280g  
Dietary Fiber 37g  
Dietary Fiber 25g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## SUGAR TEST

### Amount of

**Food** \_\_\_\_\_

**Yeast** \_\_\_\_\_

**Water** \_\_\_\_\_

Food tested	Amount of CO <sub>2</sub> in 10 min.	Amount of CO <sub>2</sub> in 20 min.

### What is carbohydrate?

Carbohydrates are a group of nutritional chemicals in foods. Carbohydrates provide energy for organisms. Sugars are simple carbohydrates; starches are complex carbohydrates.

## Colorful Circles

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**Food** \_\_\_\_\_

**Yeast** \_\_\_\_\_

**Water** \_\_\_\_\_

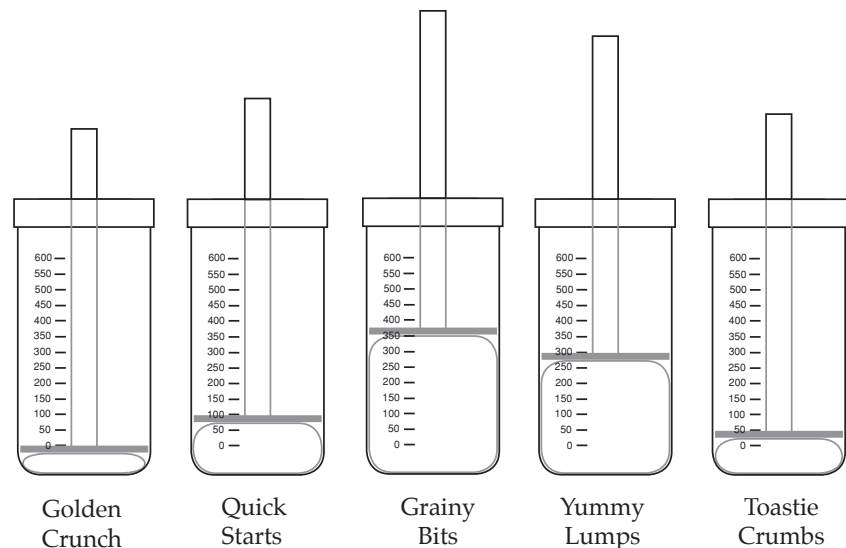
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### What is carbohydrate?

Carbohydrates are a group of nutritional chemicals in foods. Carbohydrates provide energy for organisms. Sugars are simple carbohydrates; starches are complex carbohydrates.

## RESPONSE SHEET—THE SUGAR TEST

Darian and Denella had five breakfast cereals. They put 3 g of each cereal in a bag with 50 ml of water and 2 spoons of yeast. They put the five bags in warm water. After 20 minutes they put the five bags in measuring tubes. This is what they observed.



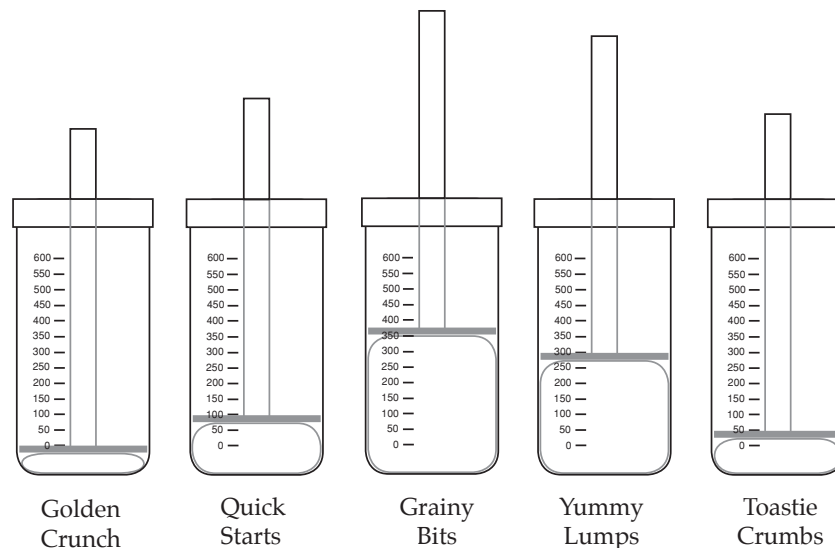
Fred Bassey is on a low-acid diet. Which cereals should he avoid and why?

Rita Dulce is on a low-sugar diet. Which cereals should she avoid and why?

Bill Lardner is on a low-fat diet. Which cereals should he avoid and why?

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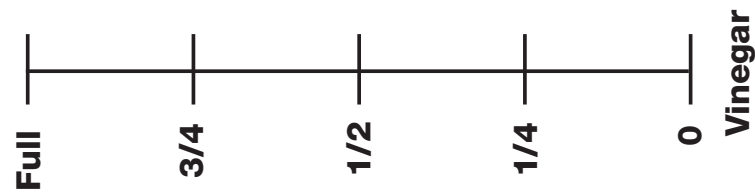


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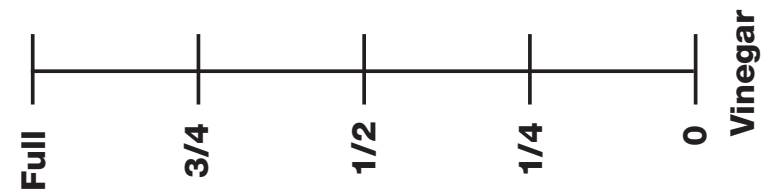
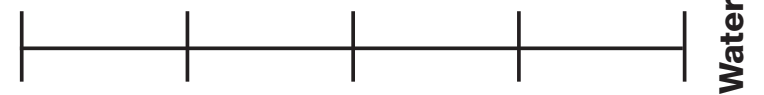
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Bill Lardner is on a low-fat diet. Which cereals should he avoid and why?

## ACID TEST



## ACID TEST



## RESPONSE SHEET—THE ACID TEST

.....

Three students wanted to test nine foods to find out which contained sugar, which contained fat, and which contained acid. One student tested three foods for fat. Another student tested three different foods for sugar. The third student tested the remaining three foods for acid.

The students found that two of the foods contained fat, three contained sugar, and two contained acid.

Do you think this was a good way to test these foods to see if each contained sugar, fat, or acid? Explain why you think it was a good way or why you think it wasn't.

## RESPONSE SHEET—THE ACID TEST

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## VITAMIN-C SCORE SHEET

.....

Source of vitamin C	Drops needed to clear 10 ml of indophenol

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.....

Source of vitamin C	Drops needed to clear 10 ml of indophenol

## WHAT FOOD IS IT? (page 1)

1.  Vinegar  
 Mustard seed  
 Salt  
 Spices  
 Turmeric

2.  Wheat flour  
 Vegetable shortening  
 Graham flour  
 Sugar  
 Toasted whole wheat  
 Sesame seeds  
 Salt  
 Malt  
 Dehydrated onions  
 Corn syrup  
 Baking soda  
 Whey  
 Artificial color

3.  Milk  
 Nonfat milk  
 Nonfat milk solids  
 Vitamins A and D

4.  Soybean oil  
 Partially hydrogenated soybean oil  
 Whole eggs  
 Vinegar  
 Water  
 Egg yolks  
 Salt  
 Sugar  
 Lemon juice  
 Natural flavors  
 Calcium disodium EDTA

5.  Beef  
 Pork  
 Water  
 Salt  
 Corn syrup  
 Dextrose  
 Flavoring  
 Sodium erythorbate  
 Sodium nitrite

6.  Carbonated water  
 Caramel color  
 Natural flavors  
 Artificial flavors  
 Aspartame  
 Sodium benzoate  
 Citric acid

7.  Banana

8.  Tomatoes  
 Vinegar  
 Corn syrup  
 Salt  
 Onion powder  
 Spice  
 Natural flavoring

9.  Wheat flour  
 Vegetable shortening  
 Sugar  
 Dextrose  
 Skim milk  
 Baking soda

10.  Carrot

## WHAT FOOD IS IT? (page 1)

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 Mustard seed  
 Salt  
 Spices  
 Turmeric

2.  Wheat flour  
 Vegetable shortening  
 Graham flour  
 Sugar  
 Toasted whole wheat  
 Sesame seeds  
 Salt  
 Malt  
 Dehydrated onions  
 Corn syrup  
 Baking soda  
 Whey  
 Artificial color

3.  Milk  
 Nonfat milk  
 Nonfat milk solids  
 Vitamins A and D

4.  Soybean oil  
 Partially hydrogenated soybean oil  
 Whole eggs  
 Vinegar  
 Water  
 Egg yolks  
 Salt  
 Sugar  
 Lemon juice  
 Natural flavors  
 Calcium disodium EDTA

5.  Beef  
 Pork  
 Water  
 Salt  
 Corn syrup  
 Dextrose  
 Flavoring  
 Sodium erythorbate  
 Sodium nitrite

6.  Carbonated water  
 Caramel color  
 Natural flavors  
 Artificial flavors  
 Aspartame  
 Sodium benzoate  
 Citric acid

7.  Banana

8.  Tomatoes  
 Vinegar  
 Corn syrup  
 Salt  
 Onion powder  
 Spice  
 Natural flavoring

9.  Wheat flour  
 Vegetable shortening  
 Sugar  
 Dextrose  
 Skim milk  
 Baking soda

10.  Carrot

## WHAT FOOD IS IT? (page 2)

11.  Wheat flour  
 Water  
 High-fructose corn syrup  
 Yeast  
 Canola oil or soybean oil  
 Wheat gluten  
 Soya flour  
 Salt  
 Cornstarch  
 Calcium sulfate  
 Mono- and diglycerides  
 Enzymes  
 Calcium propionate
12.  Milk  
 Cream  
 Cheese culture  
 Salt  
 Carob-bean gum
13.  Sugar  
 Gelatin  
 Adipic acid  
 Disodium phosphate  
 Fumaric acid  
 Artificial flavor  
 Natural flavor  
 BHA  
 Artificial color
14.  Wheat flour  
 Sugar  
 Vegetable shortening  
 Eggs  
 Butter  
 High-fructose corn syrup  
 Salt  
 Vanilla  
 Baking soda  
 Whey

15.  Oats  
 Water  
 Wheat flour  
 Cracked wheat  
 Whole wheat flour  
 Ground raisins  
 Honey  
 Nonfat milk  
 Wheat gluten  
 Yeast  
 Salt  
 Soya  
 Vinegar  
 Whey  
 Mono- and diglycerides  
 Stearoyl lactylate
16.  Carbonated water  
 High-fructose corn syrup  
 Sucrose  
 Caramel color  
 Phosphoric acid  
 Natural flavors  
 Caffeine
17.  Corn
18.  Cabbage  
 Mayonnaise  
 Milk  
 Sugar  
 Salt
19.  Potatoes  
 Vegetable oil  
 Salt
20.  Apple

## WHAT FOOD IS IT? (page 2)

11.  Wheat flour  
 Water  
 High-fructose corn syrup  
 Yeast  
 Canola oil or soybean oil  
 Wheat gluten  
 Soya flour  
 Salt  
 Cornstarch  
 Calcium sulfate  
 Mono- and diglycerides  
 Enzymes  
 Calcium propionate
12.  Milk  
 Cream  
 Cheese culture  
 Salt  
 Carob-bean gum
13.  Sugar  
 Gelatin  
 Adipic acid  
 Disodium phosphate  
 Fumaric acid  
 Artificial flavor  
 Natural flavor  
 BHA  
 Artificial color
14.  Wheat flour  
 Sugar  
 Vegetable shortening  
 Eggs  
 Butter  
 High-fructose corn syrup  
 Salt  
 Vanilla  
 Baking soda  
 Whey

15.  Oats  
 Water  
 Wheat flour  
 Cracked wheat  
 Whole wheat flour  
 Ground raisins  
 Honey  
 Nonfat milk  
 Wheat gluten  
 Yeast  
 Salt  
 Soya  
 Vinegar  
 Whey  
 Mono- and diglycerides  
 Stearoyl lactylate
16.  Carbonated water  
 High-fructose corn syrup  
 Sucrose  
 Caramel color  
 Phosphoric acid  
 Natural flavors  
 Caffeine
17.  Corn
18.  Cabbage  
 Mayonnaise  
 Milk  
 Sugar  
 Salt
19.  Potatoes  
 Vegetable oil  
 Salt
20.  Apple

## LUNCH WORK SHEET

LUNCH MENU 1			
Lunch item	Protein	Carbohydrate	Fat
Total grams			
Calories per gram	× 4	× 4	× 9
Calories			
Total calories			

LUNCH MENU 2			
Lunch item	Protein	Carbohydrate	Fat
Total grams			
Calories per gram	× 4	× 4	× 9
Calories			
Total calories			

## LUNCH WORK SHEET

LUNCH MENU 1			
Lunch item	Protein	Carbohydrate	Fat
Total grams			
Calories per gram	× 4	× 4	× 9
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Total calories			

LUNCH MENU 2			
Lunch item	Protein	Carbohydrate	Fat
Total grams			
Calories per gram	× 4	× 4	× 9
Calories			
Total calories			

## NUTRITIONAL INFORMATION (page 1)

<p><b>Doughnut</b></p> <p>Serving size 50 grams (1 doughnut)            Protein 2 grams            Carbohydrate 25 grams            Fat 12 grams</p>	<p><b>Sesame crackers</b></p> <p>Serving size 28 grams (6 crackers)            Protein 2 grams            Carbohydrate 16 grams            Fat 6 grams</p>
<p><b>Mayonnaise</b></p> <p>Serving size 14 grams            Protein 0 grams            Carbohydrate 0 grams            Fat 11 grams</p>	<p><b>Oat-berry wheat bread</b></p> <p>Serving size 38 grams (2 slices)            Protein 4 grams            Carbohydrate 20 grams            Fat 0 grams</p>
<p><b>Lowfat milk</b></p> <p>Serving size 300 grams (1 carton)            Protein 13 grams            Carbohydrate 17 grams            Fat 7 grams</p>	<p><b>Hot dog</b></p> <p>Serving size 45 grams (1 dog)            Protein 5 grams            Carbohydrate 1 gram            Fat 14 grams</p>
<p><b>Potato chips</b></p> <p>Serving size 56 grams (1 bag)            Protein 4 grams            Carbohydrate 30 grams            Fat 20 grams</p>	<p><b>Hot-dog buns</b></p> <p>Serving size 38 grams (1 bun)            Protein 3 grams            Carbohydrate 19 grams            Fat 2 grams</p>
<p><b>Cream cheese</b></p> <p>Serving size 28 grams            Protein 2 grams            Carbohydrate 1 gram            Fat 10 grams</p>	<p><b>Gelatin dessert</b></p> <p>Serving size 250 grams (1 bowl)            Protein 1 gram            Carbohydrate 10 grams            Fat 0 grams</p>
<p><b>Diet cola</b></p> <p>Serving size 360 ml (1 can)            Protein 0 grams            Carbohydrate 0 grams            Fat 0 grams</p>	<p><b>Vanilla cookies</b></p> <p>Serving size 56 grams (6 cookies)            Protein 2 grams            Carbohydrate 36 grams            Fat 12 grams</p>

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## NUTRITIONAL INFORMATION (page 2)

<p><b>Mustard</b></p> <p>Serving size 5 grams Protein 0 grams Carbohydrate 1 gram Fat 0 grams</p>	<p><b>Cola</b></p> <p>Serving size 360 grams (1 can) Protein 0 grams Carbohydrate 36 grams Fat 0 grams</p>
<p><b>Catsup</b></p> <p>Serving size 10 grams Protein 1 gram Carbohydrate 3 grams Fat 0 grams</p>	<p><b>Popcorn</b></p> <p>Serving size 15 grams (1 bag) Protein 2 grams Carbohydrate 12 grams Fat 1 gram</p>
<p><b>Apple</b></p> <p>Serving size 200 grams (1 apple) Protein 1 gram Carbohydrate 27 grams Fat 1 gram</p>	<p><b>Carrot</b></p> <p>Serving size 70 grams (1 carrot) Protein 1 gram Carbohydrate 7 grams Fat 0 grams</p>
<p><b>Banana</b></p> <p>Serving size 120 grams (1 banana) Protein 1 gram Carbohydrate 26 grams Fat 1 gram</p>	<p><b>Coleslaw</b></p> <p>Serving size 60 grams (1 bowl) Protein 1 gram Carbohydrate 7 grams Fat 2 grams</p>

	Recommended calories per day*	Recommended calories at lunchtime (30% of total)	Recommended maximum calories from fats (30% of lunch)
<b>Girls</b>	2200	660	198
<b>Boys</b>	2600	780	234

\* Calorie needs depend on your height, mass, frame, rate of growth, and level of physical activity. If you get a lot of exercise, you use up more energy and need more calories.

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## RESPONSE SHEET—FREE LUNCH

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Mary met her friend at lunch. She told her friend that her class had just completed the fat test in class and she was amazed at how much fat was in potato chips.

“I’m never eating potato chips again,” said Mary.

Do you think Mary made a good decision? Why or why not?

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**FOSS FOOD AND NUTRITION MODULE**  
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1. What is the question or the project that you are proposing?
2. What materials or references will you need to complete the project?
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