Chapter Science Investigation   Name _____

Healthful Snacking

WHAT YOU NEED

CEREAL
Nutrition Facts
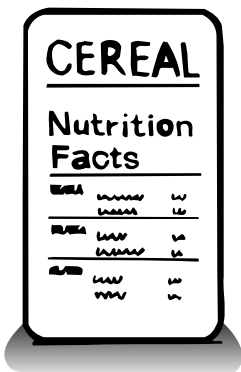
nutritional
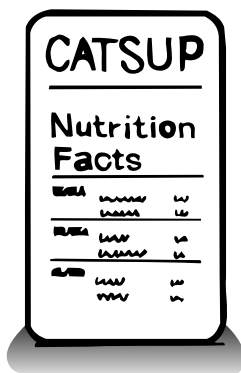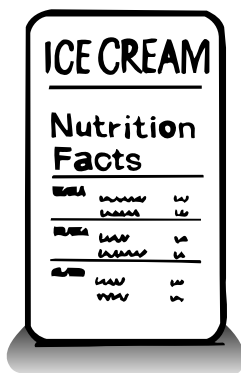information on
product labels

FROZEN DINNERS
Nutrition Facts
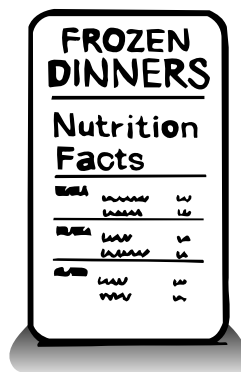
Find Out

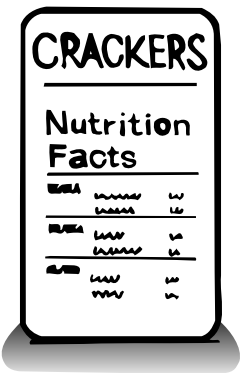Do this activity to find out how healthful your snacks are.

Process Skills

Communicating
Observing
Interpreting Data

CRACKERS
Nutrition Facts

ICE CREAM
Nutrition Facts

CATSUP
Nutrition Facts

Time
• 10–15 minutes daily for two weeks

PICKLES
Nutrition Facts

COOKIES
Nutrition Facts

ENCYCLOPEDIA   MEDICAL HANDBOOK
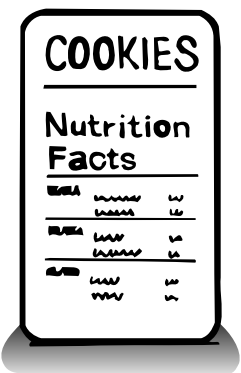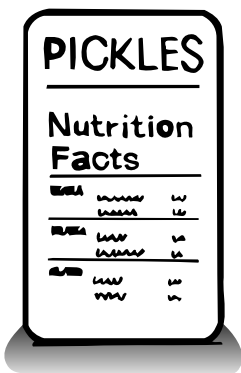
nutritional information from reference sources
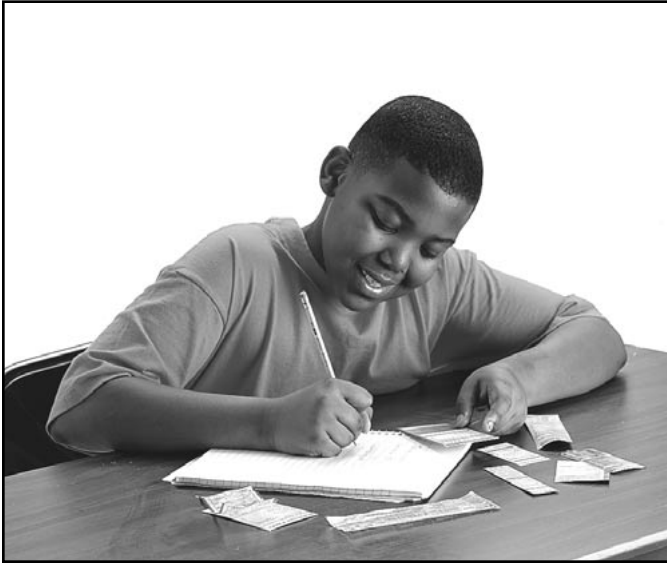
What to Do

1. **Record** one snack you have each day for two weeks.

2. Find out the percentage of the Daily Value each snack has of fat, sodium, and sugar. **Record** this information on the chart. You will find that most product labels have this information. You also can check nutritional reference material in the library and on the Internet.

3. At the end of the two weeks, select your most healthful snack. Use the nutritional information you recorded in explaining your choice.

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Daily Snacks				
		Percentage of Daily Value of		
Day	Snack	Fat	Sodium	Sugar
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

My most healthful snack was _____, because

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Conclusions

1. What was the snack with the highest percentage of the Daily Value of fat? Of sodium? Of sugar?

2. What problems in terms of eating a balanced diet might you have if you eat a high percentage of the Daily Value of fat, sodium, or sugar just in your snacks?

New Questions

1. In what specific ways could you improve your eating habits by your choices of daily snacks?

2. How might food producers and grocers help you make better snack choices?

STOP

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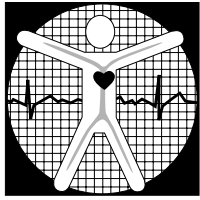
Name _____

ACTIVITY

Investigating Protein in Milk

How much milk is in the beaker?

How much liquid was in the milk?

Describe the protein that was left in the cheese cloth. **Record** your observations.

Color	**Texture**

Name _____

Conclusions

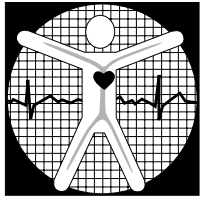① What do you think caused the milk to separate?

② How much protein was in your sample of milk?
Determine the percentage of protein in your milk sample
by dividing the volume of protein by the volume of milk
in your sample.

Asking New Questions

① How is protein important in your diet?

② **Infer** what type of mixture milk is.

Name _____

ACTIVITY

Identifying Vitamin C Content

Predict what juices will have vitamin C. List the contents of each test tube in the table below. Place an X in the box for each juice you think contains vitamin C.

Which juices do you predict will contain the most vitamin C? Number the juices from 1 to 10, with 1 being given to the juice you think has the least amount of vitamin C and 10 given to the juice you think has the most vitamin C.

How many drops of each juice does it take to change the color of the indophenol solution? **Record** the numbers in the data table.

| Test Tube	Kind of Juice	Predict: Which Juices Contain Vitamin C?	Predict: Which Juices Contain the Most Vitamin C?	Number of Drops Needed to Change Indophenol Color
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Name _____

Conclusions

① How did your predictions compare to what you observed?

② Which juices contain vitamin C? How do you know?

③ Which juices did not contain vitamin C? How do you know?

Asking New Questions

① Why do you think the amount of vitamin C varies in some fruit juices?

② What might be a good way to get vitamin C in your diet without taking vitamin supplements?

Name _____
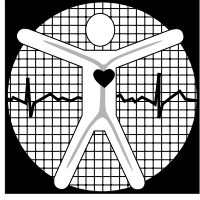
ACTIVITY

Investigating Sugar Content in Foods

Write a **hypothesis** that predicts which foods will contain sugar and which will not.

Record the color of the test paper for each food you test.

Food	Test Paper Color

Activity Journal
Lesson 3 • Nutrition-Related Diseases

Name _____

Conclusions

① Compare your hypothesis with your data.

② Which foods contained sugar?

③ Which foods did not contain sugar?

Asking New Questions

① Why is it important to test foods for sugar in this activity?

② What diseases are associated with sugar intake?

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