

# Food Label Review

## BIOL 2190

Pick any food item containing a nutritional label and list of ingredients to complete this assignment. You will need to include the label (a photo or image from the internet) referenced for this assignment when you turn it in. Answer the following questions based on the information printed on your food label.

### **Background information:**

Food is consumed to provide energy, raw materials, vitamins, and minerals for the cells. Much of the information regarding this energy can be obtained by reading the information printed on the packaging. Nutritional facts break down product specific information such as serving size, calories, and information on health impacting nutrients; as well as the percentage of recommended daily allowance or daily value (%RDA or %DV) it provides in relationship to a fixed calorie limit (5% or less is low, 20% or more is high) for a single serving. Additionally, ingredients are listed in descending order of weight (from most to least).

### **Answer the following questions:**

1. Why did you choose this particular food label to use for this assignment?
2. What category on your label gives you the amount of energy available in your food item? What is that amount?
3. Fats are a type of lipid and can be classified as saturated, *Trans*, or unsaturated. What amount of total fat is from unsaturated fats?
4. Sugars are a type of carbohydrate and are a major source of fuel for the cells. What amount of total carbohydrates is **not** from sugars?
5. How much protein does your item provide?
6. What percentage (%) of calories in a single serving of your item is from fat?

7. List any oils found in your item in descending order of weight (from most to least).
8. List any vitamins found in your item in descending order of weight (from most to least) and give a brief benefit associated with each.
9. List any minerals found in your item in descending order of weight (from most to least) and give a brief benefit associated with each.
10. Is this food item (based solely on its label) recommended for optimal health? Explain.

**Insert a photograph of your food label here:**

**Reference:**

U.S Food and Drug Administration. (2011, March 3). How to Understand and Use the Nutrition Facts Label. Retrieved from <http://www.fda.gov/food/labelingnutrition/consumerinformation/ucm078889.htm>

**GRADING RUBRIC:**

- Only MS Word documents will be accepted.
- The answers must be typed in Arial at a minimum of 12 Font and 1 inch margins.
- Each question should be answered with a minimum of 3-5 sentences.
- Each student must answer the above 10 questions using complete sentences and employing appropriate grammar.
- Upload MS Word document containing your answers to the above questions using the Assignment link in D2L.
- Each question is worth 10 points. Points will be awarded on the basis of the following criteria:
  - **40 POINTS**
    - Questions/answers document is in MS Word format. (10 points)
    - Questions/answers document demonstrates correct font, size, and margins. (10 points)
    - Questions/answers document includes photo of food label. (10 points)
    - Questions/answers document uploaded correctly into the Assignment folder in D2L (10 points)
  - **60 POINTS:** For completely answering questions 1-10. You will be awarded 10 points for completely answering each question according to the following criteria:

Grading Criteria	0 points	1 point	2 points
Number of sentences used to answer a question	Did not answer question in complete sentences	Wrote 1-2 sentences	Wrote at least the minimum of 3-5 sentences
Correct use of grammar and sentence structure	Large number of grammatical errors (5 or more)	Few grammatical errors made (less than 5)	Correct use of grammar
Response appropriate for question	Did not address the question	Incompletely addressed question	Fully addressed the question