

Figure 1

Sample Food Labels

Label A	Label B	Label C
NUTRITION INFORMATION		
Serving Size: 1 oz (28.4 g, about 1 cup)	Serving Size: 2 tbsps. (32 g)	Serving Size 1 oz
Servings per Package: 15	Servings per Container 15	Servings per Container 8
Per Serving:		
Calories 110	Calories 190	Calories 140
Protein 2 g	Protein 9 g	Protein 2 g
Carbohydrate 25 g	Carbohydrate 6 g	Carbohydrate 17 g
Fat, Total 1 g	Fat 16 g	Fat 8 g
Unsaturated 1 g	% of Calories from Fat 73	Polyunsaturated 4 g
Saturated 0 g	Polyunsaturated 5 g	Saturated 1 g
Cholesterol 0 g	Saturated 3 g	Cholesterol 0 mg
Sodium 125 mg	Cholesterol (0 mg/100g) 0 mg	Sodium 240 mg
Potassium 30 mg	Sodium 150 mg	Potassium 55 mg
Percentage of U.S. Recommended Daily Allowances (U.S. RDA)		
Protein 2	Protein 15	Protein 2
Vitamin A 15	Vitamin A *	Vitamin A *
Vitamin C 100	Vitamin C *	Vitamin C *
Thiamin 25	Thiamine *	Thiamine 2
Riboflavin 25	Riboflavin *	Riboflavin 2
Niacin 25	Niacin 20	Niacin 2
Calcium *	Calcium *	Calcium 4
Iron 25	Iron 2	Iron 2
Vitamin D 10		
Vitamin B ₆ 25		
Folic Acid 25		
Phosphorus 2		
Magnesium 2		
Zinc 25		
Copper 2		
*Contains less than 2% of the U.S. RDA of this nutrient.		
Ingredients: Corn, Wheat, and Oat Flour; Sugar; Partially Hydrogenated Vegetable Oil; Salt, Yellow #6, Turmeric Color; Red #40; Natural Orange, Lemon, and Cherry and Other Natural Flavorings; Blue #1;	Ingredients: Peanuts and Salt	Ingredients: Corn, Vegetable Oil (Corn Oil and Partially Hydrogenated Cottonseed and Soybean Oils with THBQ to Preserve Freshness), Modified Food Starch, Salt, Dehydrated Cheddar, Romano and Parmesan Cheeses, (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Dehydrated Tomato, Monosodium Glutamate, Dehydrated Onion & Garlic, Maltodextrin, Mono- & Diglycerides, Artificial Colors, Buttermilk, Dehydrated Cream, Disodium Phosphate, Disodium Inosinate and Disodium Guanylate, Extractives of Annatto, Paprika and Turmeric, Citric Acid, Spice.
*Contains less than 2% of the U.S. RDA of this nutrient.		

Food Chemistry: Observations of Student Performance

STUDENT'S NAME:	
Concepts	Observations
<ul style="list-style-type: none">• Foods contain starches, sugars, fats, and/or proteins.• Specific chemical and physical tests can be used to determine whether a food contains starches, glucose, fats, or proteins.• Iodine can be used to test for starches, glucose test paper for glucose, brown paper for fats, and Coomassie blue for proteins.• Varying amounts of starches, glucose, fats, and proteins are found in foods.• Starches and sugars are carbohydrates.• Glucose is one kind of sugar.• Carbohydrates, fats, proteins, water, vitamins, and minerals are nutrients.• Nutrients are essential to human health.	
Skills	
<ul style="list-style-type: none">• Learning to perform four chemical and physical tests to identify the presence or absence of nutrients in foods.• Predicting the nutrient content of foods.• Conducting independent research on nutrients.• Observing, recording, and organizing test results.• Interpreting a range of test results to draw conclusions about the kinds and amounts of nutrients in foods.• Developing laboratory techniques to avoid contamination of the test samples.• Communicating results in writing and through discussion.• Reflecting on experiences in writing and through discussion.• Applying previously learned concepts and skills to solve a problem.	