**Food Labels** Names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**For each food label, do the following!**

1. Identify the percentages of carbs, proteins, and lipids (fats) in each sample.
2. Identify what type of macromolecule the first 4 **ingredients** are.
3. Explain how to test each of the 4 first ingredients.
4. Make a guess as to what each food is based off the ingredients and percentages.
5. Rank each food from least to most healthy and provide a short reasoning.

**When you have finished your ranking, come check with me to get their true identities.**

**Then, see if you would change any rankings and why.**

**Respond to the following:**

What is the relationship between ingredients and a food’s ‘healthiness?’

What is the importance of good food? Why is it especially important for those still developing?

How can having a better understanding of what is in your food affect you?

How does where you live/your culture affect the foods you choose to eat?

What are some foods that are ‘important’ to you? Are they considered ‘healthy?’ Explain.

## Nutritional Diseases

**On a small poster (use construction paper), use the provided article to find and present this information.**

* Cause
* Symptoms
* Treatments
* 5 additional facts
* Include a small picture

**Respond to the following:**

Discuss how this disease could be handled in different parts of the world, i.e. first-world vs third-world countries.

Explain why good nutrition is a very good indication of the ‘health’ of a country.

Is the US a ‘healthy’ country? Explain why or why not.

**There is a current pandemic commonly known as the “World Food Crisis.” Around the globe, there is an increasing shortage of food, leading to a deadly increase in disease, malnutrition, and starvation.**

What does is mean by ‘world food crisis?’

What are some ways we in the US are contributing to this crisis?

How can you better your own use of food to leave less of an impact?