**N-1: Nutrients in my food (Please attach this checklist to your paper!)**

Step 1: Food Log

-List **ALL** food/drinks you consume over 3 days (including snacks), and list their major ingredients.

-On a separate page, re-arrange the food/drink items into one column, ignoring when you consumed things and excluding duplicates (if you ate the same thing twice, you only list it once).

Step 2: Nutrients Consumed

-For each nutrient on the checklist, write it next to each item on your food log that has it, and then check it off the list below. (Tips for easier reading: Color code your nutrients, and use abbreviations for minerals)

|  |  |  |
| --- | --- | --- |
| **Water** [ ]**Nucleic Acids** [ ]**Carbohydrates** [ ] Simple sugars  [ ] Complex carbohydrates  [ ] Fiber **Lipids (Fats)** [ ] Saturated fat  [ ] Unsaturated fat **Proteins**  [ ] Complete Protein  [ ] Incomplete Protein  |  **Vitamins** [ ] A  [ ] D  [ ] E  [ ] K [ ] B1   [ ] B2   [ ] B3   [ ] B5  [ ] B6   [ ] B12   [ ] C[ ] Biotin [ ] Folate  |  **Minerals** [ ] Calcium (Ca)  [ ] Chromium (Cr)  [ ] Copper (Cu)  [ ] Fluoride (F)  [ ] Iodine (I)  [ ] Iron (Fe) [ ] Magnesium (Mg)  [ ] Potassium (K) [ ] Phosphorus (P)  [ ] Selenium (Se)  [ ] Sodium (Na)  [ ] Sulfur (S)  [ ] Zinc (Zn)  |

(Example)

**Diet Coke** - *Water, Sodium*

**Pizza**

**-Dough** - *Complex carbohydrates*

**-Cheese** - *Saturated fat, Complete protein*

**-Tomato sauce** - *Water*

**-Pepperoni** - *Saturated fat, Complete protein*

Step 3: Missing Nutrients (skip this step if you checked off everything in Step 2!)

-List all remaining nutrients that were NOT checked off.

-For each missing nutrient listed, write example food/drinks that have it. (Try to choose ones you like most!)

(Example)

**Vitamin C** - *Orange*

**Simple Sugars** - *Orange*

**Unsaturated Fat** - *Avocado*

Step 4: ½ - 1 page reflection

Guiding questions: What did you learn about nutrition in this unit? Why do we need to eat a **variety** of foods? What did you learn / how do you feel about your diet? How well did your food log represent what you normally eat? Which foods did you eat that had the most nutrients? Which had the fewest nutrients? If you missed any nutrients (step 3), how do you feel about the foods you would have to eat to get those missing nutrients?

**Sources of Nutrients** Note: **animal sources**, ***plant sources***

|  |  |  |
| --- | --- | --- |
| **Carbohydrates** | **Simple Sugar***(Bio 2.3, 32.1)**(Health 7.1)* | **Milk**, ***Fruit*, *Soda******Sweets*** *(****syrup*, *desserts*, *candy****,* **honey**) |
| **Complex Carbohydrates***(Bio 2.3, 32.1)**(Health 7.1)* | ***Potato****, [****Grains = Rice, Corn, Oats, Wheat****]**[****Wheat = bread, pasta, etc****.]* |
| **Fiber***(Bio 2.3 – “Cellulose”)**(Health 7.1)* | ***Fruits/Vegetables******Whole Grains (brown rice, wheat bread)******Nuts/Seeds, Beans*** |
| **Fats***(Bio 2.3, 32.1,**3.3 – “Phospholipid”)**(Health 7.1)* | **Saturated Fat** | **Meat, Dairy, Eggs**, ***Coconut Oil*** |
| **Unsaturated Fat** | ***Vegetable oils, Avocado****,* **Fish** |
| **Proteins***(Bio 2.3, 3.3, 32.1,**2.5 – “Enzyme”,**3.5 – “Transport Protein”**29.6 – “Hormones”**31.2 – “Antibody”**33.2 – “Muscle structure”)**(Health 7.1)* | **Complete Proteins** | **Meat, Dairy, Eggs**, ***Soy (tofu), Quinoa***Combinations:*[****Grains + Beans****], [****Grains + Nuts/Seeds****],**[****Vegetables + Beans****], [****Vegetables + Nuts/Seeds****]* |
| **Incomplete Proteins** | ***Nuts/Seeds, Beans, Grains, Vegetables*** |
| **Nucleic Acids***(Bio 2.3, 6.3, 8.2, 8.4)* |  | ***Fruit, Grains, Beans, Nuts****,*  **Meat, Eggs** |
| **Water***(Bio 2.2, 32.1)**(Health 7.2)* |  | ***Fruit, Vegetables****,* Drinks, Soup |
| **Vitamins***(Bio 32.1)**(Health 7.2)* |  | See Health Textbook pg. 161-162 |
| **Minerals***(Bio 2.1, 32.1)**(Health 7.2)* |  | See Health Textbook pg. 163 |

**N-2: Nutrient Group Poster**

Each group will make and present a poster for an assigned nutrient. The poster must include the **STRUCTURE** (what are they made of and what do the molecules look like?), **FUNCTION** (what do they do for your health, what are they used for in your cells?), and **SOURCE** (what foods/drinks contain them?). Use bulletpoints, visuals, and color! Use your bio and health textbooks to find the information (the relevant *chapters* are listed above).