Organic Compounds Activity

(This needs to be written up as a lab record)

Food supplies us matter to build living tissue and energy to do work. Much of this information is listed by law, on the sides of packages of the foods we eat in the form of a nutrition label. Although energy is an important part of the information that is listed, we will instead focus on the major types of organic compounds.

Key Questions:

1. What are the proportions of organic compounds consumed in the snack of I have selected?
2. "Is this meal or snack healthy & nutritious?"

Background Info:

Include brief information such as optimum nutrition guidelines, FDA guidelines etc.

Hypothesis:

Before making your calculations, write a statement as to whether or not you consider your snack to be healthy.

Objective:

To calculate the percentage of different types of organic compounds in a given meal and evaluate whether the meal could be regarded as healthy.

Results (Data)

Food Type & Portion	Carbohydrates (g)	Protein (g)	Lipids (g)
Total No. of Grams			
Percentage of each Category			

Analysis & Conclusion:

1. What was the percentage of each type of organic compound consumed? (ex. 20g or protein out of 35 g total = 25/35 * 100/1) Examine this data and make a statement these percentages – do they seem high or low?
2. Did any category exceed the daily recommendations from the FDA?
3. Did the number of calories consumed exceed your daily requirement?
4. List five things (changes) you can make to improve the quality of your diet?
5. Is it better to have more saturated or unsaturated fats in your diet?
6. Is it realistic to evaluate your diet based on the foods students brought to the lab session?