**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Course and Section Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Lab Assignment: Nutrition**

**Instructions:** After completing the *Nutrition* lab on [this website](https://camosunbiolabs.opened.ca/biology-103-labs/nutrition/), answer the questions below. Please type your responses in different coloured font into the spaces provided. Submit your assignment as directed by your instructor.

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**Part 1: Calories**

1. Find a nutritional label on a food package in your home and determine the % of Calories that are being contributed from two different macronutrients. Show your calculations in the space below. (4 marks)

1. State which food would give you more energy: a spoonful of peanut butter (mostly fat), or a mouthful of pasta (mostly carbs), and explain why. (2 marks)
2. Explain why simply “counting Calories” is not a healthy way to evaluate your diet. (1 mark)

**Part 2: Nutrients**

1. What are some benefits of eating more plant-based food? (2 marks)
2. Which important nutrients are found in vegetables and fruit? (1 mark)
3. Why might it be important to eat whole grains instead of refined grains? What are two examples of whole grains? (2 marks)
4. What are two examples of healthy fats? What are two examples of foods that contain saturated fats? (2 marks)
5. After reviewing the links listed, list two take-away messages that you learned regarding your diet and the food choice recommendations provided. (2 marks)
6. After reviewing the links listed, list two take-away messages that you learned regarding your eating habits and the recommendations provided. (2 marks)
7. Reflect on the Canada Food Guide website. What are your initial thoughts or comments? How easy is it to understand and interpret? Do you see any faults in its content or presentation? Briefly explain. (2 marks)