

Name _____

Date _____ Class _____

A5 *Interpreting Labels: Stored Food Energy*

Background

Food supplies us with matter to build living tissue and energy to do work. The energy content of foods is measured in calories. How do foods differ in their energy content? In this activity you will interpret data from the labels of food products to answer this question.

Objectives

In this activity you will

- **graph** and **interpret** data pertaining to the energy content of various foods.

Materials

- food product labels (6)
- sheets of graph paper (2)

Preparation

1. Form cooperative teams of two students. Complete steps 2–8.
2. Collect nutrition lists from six food products.
3. Make a table similar to the one shown below.

Food	Grams per serving	Calories per serving	Calories per gram	Calories per 100 grams

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Procedure

4. What types of nutritional information are included on your labels?

5. Select one label. Find the serving size and calories.
6. Calculate the number of calories per gram of food. Divide the number of calories per serving by the serving size (in grams). If necessary, convert ounces to grams by multiplying the serving size by 28.4 g/oz.
7. Find the number of calories per 100 gram sample. Multiply calories per gram by 100. Record the results.
8. Repeat steps 5–7 for each of your labels.
9. Make a bar graph that compares the calorie content for 100-gram samples of each of the foods in your table.

Analysis

1. **Analyzing Data** Which foods contain the most calories? The fewest calories?

2. **Evaluating Methods** Why is it helpful to convert the measurements to the same sample size?

3. **Evaluating Methods** Why is calorie content on the label stated in terms of a serving size rather than in terms of a 100 gram sample?

4. **Applying Concepts** How should a person put information about the calorie content to use?

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