



3. Food item \_\_\_\_\_ Serving size \_\_\_\_\_

Calculate:

- Fat Food Value
  
  
  
  
  
  
  
  
  
- Protein Food Value
  
  
  
  
  
  
  
  
  
- Carbohydrate Food Value

2. Food item \_\_\_\_\_ Serving size \_\_\_\_\_

Calculate:

- Fat Food Value
  
  
  
  
  
  
  
  
  
- Protein Food Value
  
  
  
  
  
  
  
  
  
- Carbohydrate Food Value

What are the differences between healthy and unhealthy foods in regards to their food values?  
What is more useful for you bodies?

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