Chapter 5.8 Food Values

## Determining Your Favorite Foods' Food Value

Directions: Use the internet to find nutritional information about (4) of your favorite foods. Choose different kinds of foods (e.g, healthy and "unhealthy" foods). For each food, calculate the food values for protein, fats and carbohydrates. 1. 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

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 regard What is more useful for you bodies?	ds to their food values?