Period:\_\_\_\_\_\_\_\_

Nutrition Chapter Food Lab

February 11 (A) and 12 (B)

Group Members:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Directions:

Within your group please prepare a dish for the class to sample. You will also fill out the chart below listing the main ingredients (example: Chicken and Rice), the Primary Nutrients and amounts (Fats 13g per serving), and the primary vitamins and minerals (Vitamin C 100mg, Calcium 70mg).

Dish Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meal-(Circle One)- Breakfast Lunch Dinner

Main Ingredients:

Primary Nutrients and Amount:

Primary Vitamins and Minerals and Amounts:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Type | Breakfast | Lunch | Dinner | Snack |
| Group 1 |  |  |  |  |
| Group 2 |  |  |  |  |
| Group 3 |  |  |  |  |
| Group 4 |  |  |  |  |
| Group 5 |  |  |  |  |
|  |  |  |  |  |

Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_