

Virtual Lab: Nutrition
Post-Lab Quiz and Lab Report

1. Please make sure you have read through all of the information in the “Question”, “Nutrition Facts Label Guidebook” and the “Daily Calories Chart” areas. If you come upon terms that are unfamiliar to you, please refer to your textbook for further explanation or search the word here:
<http://encarta.msn.com/encnet/features/dictionary/dictionaryhome.aspx>
2. In this exercise, you will learn how to create a healthy daily menu that follows the guidelines established for various nutrients. To begin, read the information in the “Nutrition Facts Label Guidebook” to learn about what is presented in the nutrition facts panel of a food product. You can then open the “Daily Calories Chart”; this will show you the various energy requirements for individuals based upon age, sex and lifestyle (namely exercise levels). This information will be helpful in creating your own healthy diet plan, since in the laboratory you will only be creating one designed for a 2,000 calorie/day requirement (yours may be higher or lower than this value).
3. You are now ready to begin the activity. Start by clicking on the radio button in front of the various food choices presented (remember to use the “Next” arrow to move through all of the food group choices); this will open a window showing you the nutrition facts label for that product. It will be important to review the nutrient content of each product you choose for the daily menu to ensure that you are staying within the range of recommendations for a 2,000 calorie diet plan. Remember that this also includes noting numbers of servings of the product as well.