

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

Date: \_\_\_\_\_

Class: \_\_\_\_\_

# Carbohydrates/Proteins/Fats

You will be shown the nutrition labels from 15 common foods listed below. Your job is to see if you can guess which food belongs with which nutrition label. Be sure to look at the relative amounts of fat, carbohydrates, and protein on each label. You'll use this information to fill in the table for how many calories come from each type of nutrient. This will help you narrow down which food label you're probably looking at. Other clues that might help: How much of the carbohydrates are sugar? How much calcium, iron, or other vitamins does the food have? Have fun and good luck!

*BOLOGNA*

*BREAD*

*BUTTER*

*CEREAL (CHEERIOS)*

*CHEESE*

*CHOCOLATE*

*EGGS*

*FLOUR*

*CORN CHIPS (FRITOS)*

*BEEF JERKY*

*PASTA*

*PEANUT BUTTER*

*POTATOES*

*RICE*

*TOFU*

Slide #	Calories (protein)	Calories (carbohydrates)	Calories (fats/lipids)	Total Calories	% Calories from fat	Food guess (from above)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						