

Food Pyramid Assignment

1. Assignment - Create a Poster:

Food Guide Pyramid on one side,

Nutritional Labels on the other

A. Food Guide Pyramid

On poster board, draw a pyramid as in Chapter 5. Put the descriptions of each food category on the side, as in the book. Then, using magazines or flyers from grocery stores, cut out pictures of different types of foods that would belong in that category. You need 4 examples for the top level of the pyramid. The next level you need 5 examples of each category. The next level you need 6 examples for each category. And, 7 examples for the bottom category.

B. Nutritional labels

SAMPLE LABEL

Nutritional Label

Calories = 260

Protein = 5 grams

Carbohydrates = 31 grams

Fat = 13 grams

Paste a nutritional label on the poster that you have cut from some food item. Using the information on the label, do the following at the side of the label:

Stated Calories = 260

Fat Calories = $9 \times 13 = 117$

Protein Calories = $4 \times 5 = 20$

Carbohydrate Calories = $4 \times 31 = 124$

Actual Calories 261

Stated Calories – 260

CALORIES IN NUTRIENTS

Proteins = 4 calories per gram

Fats = 9 calories per gram

Carbohydrates = 4 calories per gram