



Macromolecules Nutrition Activity

Name: _____

1. Which of the mystery foods did you think was peanut butter? What made you think that?
 - a. What are the nutritional benefits of peanut butter? (What macromolecules make up peanut butter and what is the function of those macromolecules in your body?)

2. Which of the mystery foods did you think was oatmeal? What made you think that?
 - a. What are the nutritional benefits of oatmeal? (What macromolecules make up oatmeal and what is the function of those macromolecules in your body?)

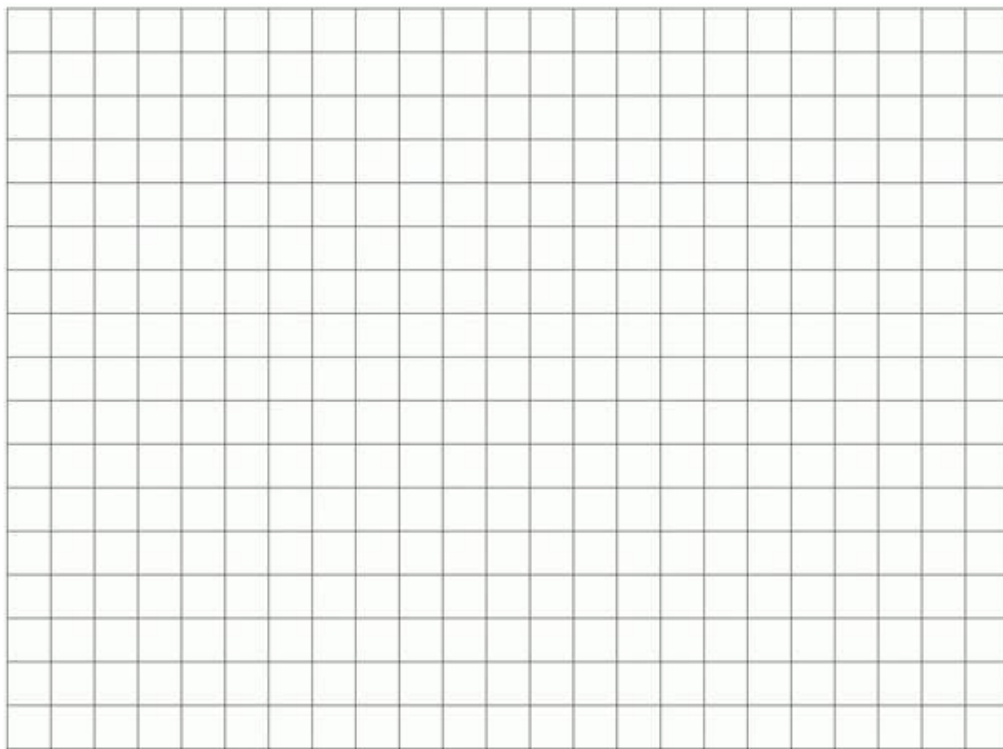
3. Which of the mystery foods did you think was beef jerky? What made you think that?
 - a. What are the nutritional benefits of beef jerky? (What macromolecules make up beef jerky and what is the function of those macromolecules in your body?)

4. Which of the mystery foods did you think was Nutella? What made you think that?

a. What are the nutritional benefits of Nutella? (What macromolecules make up Nutella and what is the function of those macromolecules in your body?)

b. Why should Nutella be eaten in moderation?

5. Compare the caloric densities by graphing the calories per gram of each of the foods.



6. Were there any foods that surprised you? Why or why not?

Nutrition Facts

About 30 servings per container

Serving size 1/2 cup dry (40g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **10%**

Dietary Fiber 4g **13%**

Soluble Fiber 2g

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg 0% • Calcium 20mg 0%

Iron 1.5mg 8% • Potassium 150mg 2%

Thiamin 0.2mg 15% • Phosphorus 130mg 10%

Magnesium 40mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

Serv Size 2 tbsp.(37g)

Servings about 10

Calories 200

Fat Cal 100

Amount/Serving **%DV*** **Amount/Serving** **%DV***

Total Fat 11g **17%** **Total Carb.** 22g **7%**

Sat. Fat 3.5g **18%** Fiber 1g **6%**

Trans Fat 0g Sugars 21g

Cholest. 0mg **0%** **Protein** 3g

Sodium 15mg **1%**

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 4%

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container 3

Amount Per Serving

Calories 70 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 410mg **17%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 11g **22%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

Nutrition Facts

Serving Size 2 Tbsp (32g)
Servings Per Container About 35

Amount Per Serving

Calories 190 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 7g **7%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Vitamin E 10% • Niacin 20%

* Percent Daily Values are based on 2,000 calorie diet.