Many prepackaged foods have a special chart on the back of them. This chart is called the nutritional information and is required by law to be on most forms of edible materials. However, many foods do not have these nutritional information labels. This is because they are prepared specifically for you.

**Activity Macromolecules in your Food!**

What most people do not know is the nutritional information for many foods that do not have a nutritional information label is available to them. Many times it is as simple as asking the store manager, looking online or checking the menu.

My goal for you is to find out how to find this information and answer questions about a meal that you will eat. The meal could be large or small, however it should contain items that do not have a direct nutritional information label.

So go out, have fun and learn to eat healthy!

Grading for this project

1. Identify a food that does not have a direct nutritional label (3 points)
2. Answer the questions that are provided (14 points)
3. Include a picture of you enjoying your meal (7 points)

Analysis Questions:

1. What is the meal that you are eating? Where is it from? Who is preparing it?
2. What are the ingredients that go into your food? (list the major ingredients if there is no actual ingredient label)
3. What is the amount of carbohydrates that are in your food?
4. Based off of what you have learned in this class, what type of carbohydrates are in the food? Would you expect monosaccharides or polysaccharides? Why?
5. What is the amount of lipids that are in your food?
6. Based off what you have learned in class, what type of lipids did you find in your food? Do you expect more saturated or unsaturated lipids? Why?
7. What is the amount of protein that is in your food?