

Yesenia Yessica	Unsaturated Fat
Andranee and Rina	Vitamin C
Emina and Sione	Calcium
Jordanee	Vitamin E
Decra Maceo	Saturated Fat
Malia Isaiah	Calories
Leslie and Evelyn	cholesterol
Andrea and Monica	Vitamin A
Carlos and William	Protein

Rayquel and Tamara	Protein
Jaylyn and Alexis	Saturated Fat
Ariana Teijeiney	calories
Alma and Hannah	cholesterol
Elisha Sydney	Vitamin A
Davana Briana	Vitamin D
Yvette Rodjanea	Vitamin C
Kendall	vitamin A
Tyvaugh Homza	Carbohydrates
Michael	Iron

Advanced Biology: Agenda 10/1 and 10/2

1. Complete your food log. Use the following website for help if needed:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

2. Begin research for your nutrient fact sheet.

Your nutrient fact sheet should include the following:

- 1) The name of your nutrient and a catchy slogan
- 2) Why your nutrient is important and how it could be unhealthy in high amounts
- 3) Examples of ways in which your body uses this nutrient
- 4) How much you should eat each day (minimum for vitamins/minerals, maximum for saturated fats, trans fat, cholesterol, sugar, sodium)
- 5) What types of food have high amounts of your assigned vitamin/mineral or are good alternatives to foods high in saturated fats, trans fats, cholesterol, sugar, and sodium
- 6) A simple recipe for a meal or snack that supplies a substantial amount of your vitamin/mineral or a recipe that serves as a good alternative to a meal/snack that is high in saturated fats, trans fats, cholesterol, sugar, and sodium.
- 7) 2 or 3 visuals that enhance your fact sheet
- 8) Resources including website url, title of website, and organization or government group

3. Each person in your group will be assigned to at least 2 or 3 different parts to your fact sheet.

Homework: Critique your diet based on your food log daily totals and goals. Answer the following questions:

- 1) Based on your recommended daily caloric intake, are you eating enough calories/day to maintain your current weight?
- 2) Are you eating the correct % or grams of protein, carbohydrates and fats?
- 3) Are you eating sufficient amounts of the vitamins or minerals that you selected to monitor? (If you are unsure of the recommended daily amounts of these, look it up on the internet.)
- 4) What is one thing you could do to improve your diet? Be specific.