

Title: Food Diary

Purpose:

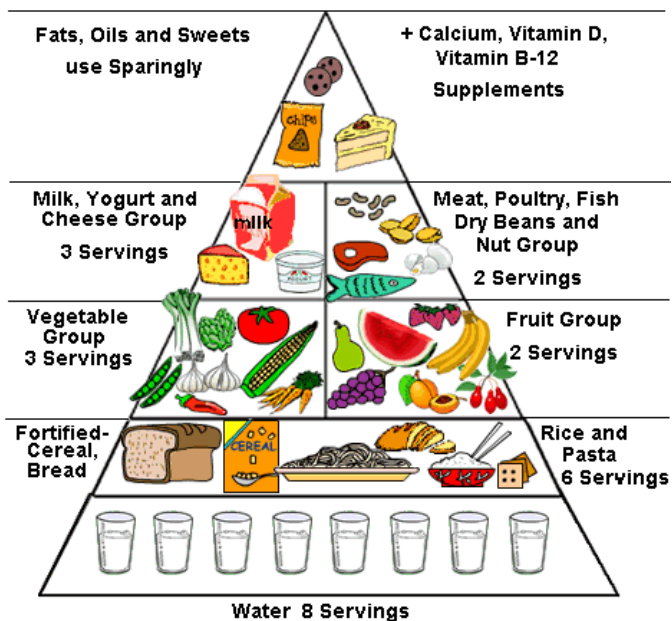
- to use an internet database
- to classify food according to food group
- to use a food pyramid
- to determine the chemical composition of food

Materials:

- food diary: list of all foods eaten for 3~5 days

Procedure:

- make a list of all foods eaten for the past 3~5 days
- select 5 of these foods from different food groups
- use food pyramid to help in selection
- prepare a data chart to list the major ingredients and their amounts in the selected foods
- go to the [USDA~United States Dept of Agriculture Food Composition Database](http://www.nal.usda.gov/fnic/foodcomp/Data/index.html) <http://www.nal.usda.gov/fnic/foodcomp/Data/index.html> to search for information on the contents of your foods
 - go to "[search database online](http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl)" http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl
 - type in a food from your list and hit *enter* (you may have to select a more specific category)
 - list the major types of chemicals (water, carbohydrates, proteins, lipids...) and their amount in grams
 - list specific chemicals (calcium, sodium, etc.) and their amounts
 - for example:



Spaghetti Sauce (example)			
Major ingredients	Amount (g)	Elements	Amount (mg)
water	107 g	calcium	31 mg
carbohydrates	12 g	iron	1 mg
simple sugars	8 g	etc	
fats	2 g		
fiber	2 g		
etc...			

Results: These will be data charts (you do not need to include the food diary!)

Discussion: List 5 observations about the chemical content of your diet

Conclusion: not necessary for this activity!

Reflection: (A personal statement about the activity)

