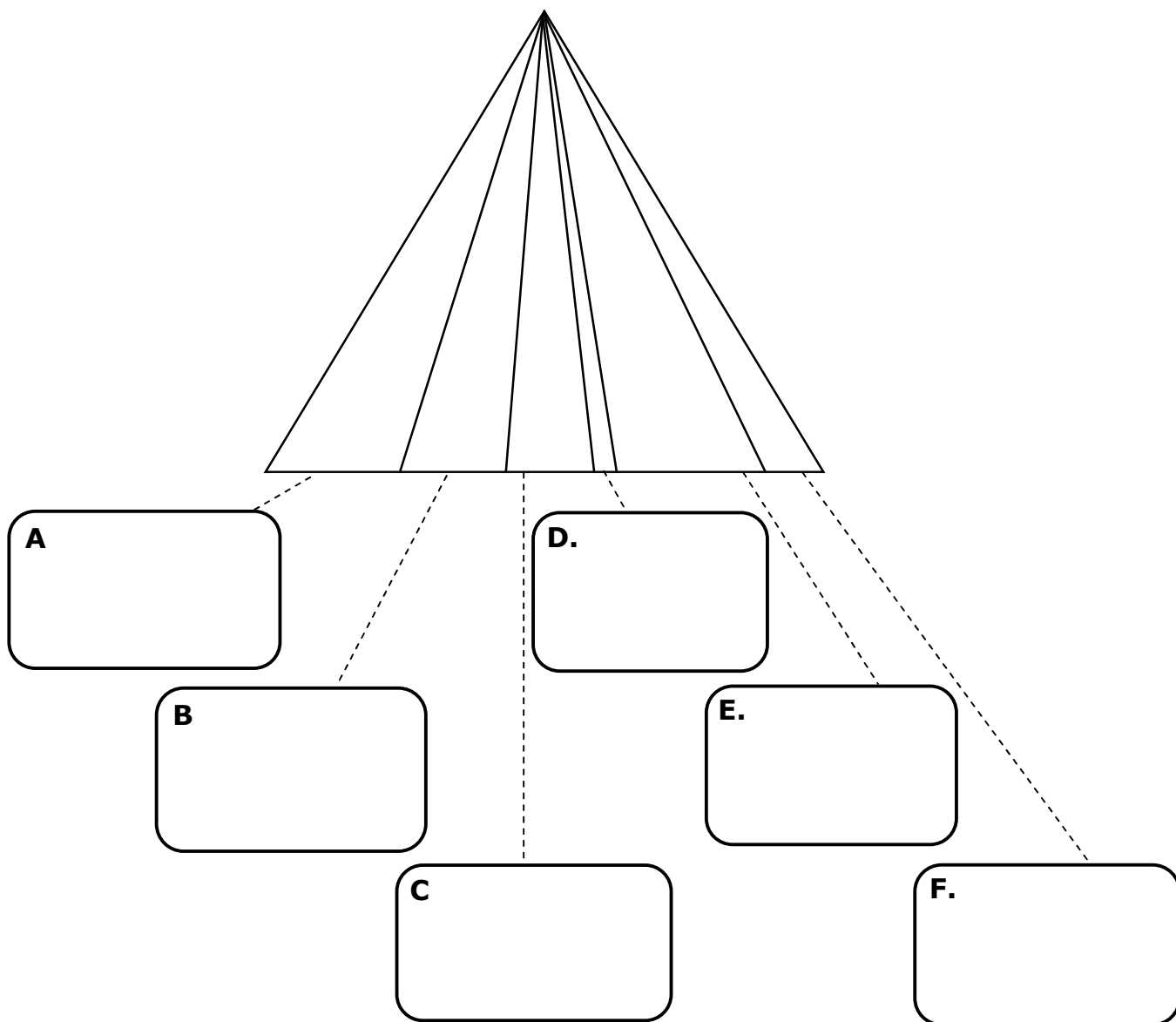


Nutrition Research Guide

Work with a partner to complete the following research guide using the Web sites provided in class.

1. Using The Food Guide Pyramid Web site, find out what food categories are in the food pyramid. Label the categories on the pyramid below, and include three examples of foods that fit into each category. (Foods that are recommended we eat the least of go in the smallest spaces; foods we should eat more of go in the larger spaces.)



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2. After clicking on each colored pyramid section of The Food Guide Pyramid Web site, click on the "learn more" links, as well as the "related topics" and additional information links on the right. Use the information found in these places to answer the questions in the space below.

- What is the difference between whole grains and refined grains? Which is the more healthful choice?

- Why is fiber an important part of every diet? Where can it be found?

- What is the difference between solid fats and oils? Which is usually the more healthful choice?

- What are discretionary calories?

- Calcium: What does calcium do? What are some foods that contain calcium?

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3. Now go to the NutritionData Web site. Choose the "Daily Needs Calculator" from the "Tools" pull-down menu and fill out the information for you (or your partner) to learn the following:

- How many estimated calories do you burn each day? _____
- According to the "Recommended Minimums" chart, how many grams of carbohydrates do you need each day? _____
- How many grams of protein do you need? _____
- According to the "Recommended Ranges" chart, what percentage of the calories you eat each day should come from carbohydrates? _____
- What percentage of calories should come from fat? _____
- What percentage of calories should come from protein? _____

4. Choose a fast food restaurant from the pull-down menu at the upper right of the NutritionData page, and answer the following questions.

- Which menu item would you and your partner most likely order at this restaurant? _____
- How healthful do you think this choice is? _____

Explain your answer using information from the Nutrition Facts found on the Web site and what you've learned about the kinds of nutrition your body needs each day.
