Diet Analysis Lab

Name_____
Date_____
Period_____

Part One: Energy In
Please record what you have eaten in a 24 hour period. Include items and quantity.
See the NATS Ver 2.0 website for details. Staple **NATS analysis printout** to back.

Food Item	Quantity Eaten

Part Two: Energy Out
Please record what you have done, activity-wise, in a 24 hour period. Include activities and time spent doing those activities. See the Energy Calculator on the NATS website for details. Staple **Energy Calculator printout** to back.

Activity	Time Spent

Questions:

1. Based on your data, comment on your daily energy consumption (**energy in)** and energy use (**energy out**).

2. Rank the three groups of energy containing macromolecules (carbohydrates, proteins, fats) from greatest to least in terms of the amount of energy obtained in your diet. You will need to use the diet analysis data from the printout and covert it into calories. The amount of carbohydrates, proteins, fats is given in grams. Use the conversion provided in the background information above to do your calculations. Show all your work.

3. Take a look at some of the other items in your data analysis- the non energy items. Some of these are the “vitamins and minerals” in your diet. Select **one vitamin** and **one mineral** and discuss what their function is in your body (i.e. what do they do since they don’t provide you with any energy). For guidance look in your book at Table 41.1 (page 795) and Table 41.2 (page 796), or search the internet. Give me a **short paragraph** on each (**do not** give me a one sentence answer for each if you want to get an "A" on this assignment!).

4. Where is almost all of the food you eat absorbed in the digestive system?

Conclusion

In one paragraph summarize what you learned and found interesting in this lab.