**Nutrition Information Project NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Objective**: Students will summarize their findings from nutrition web sites to formulate a computer generated poster size nutrition label.

**Directions**: This project has two parts. First, you will need to complete the nutrition label research portion of this project. You will do this by completing the following questions and statements. The research is worth 75 points. Second, you will need to create a computer generated poster size nutrition label for one of your favorite foods. Please follow the attached scoring guide to assist you in creating your label. The poster is worth 100 points.

**Part 1-Nutrition Label Research**-

1. Please visit the following site and follow the directions below-

<http://www.coldstonecreamery.com/nutritional/nutrition_ingredients.html>

Scroll down to nutritional information and click on the link

It says to view nutritional information for all of our products click here.

Now click on the link that says: Ice Cream and Sorbet Nutritional Information

What are the sizes for the ice cream servings called?

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How many calories are in a “Gotta Have It” size of cake batter flavored ice cream?

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How many calories are from fat?

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How many total fat grams does the “Gotta Have It” size of cake batter flavored ice cream have?

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How many milligrams of sodium does this serving have?

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Now choose the flavor and size of the typical serving of ice cream that you would order when having ice cream at Cold Stone Creamery. Record the following information for your choice.

Flavor of ice cream:

Size of serving:

Total Calories:

Amount of calories from fat:

Milligrams of cholesterol:

Milligrams of sodium:

Grams of carbohydrates:

Grams of fiber:

Grams of sugar:

Grams of protein:

% daily value for calcium:

1. Please visit the following site and follow the directions below-

<http://www.tacobell.com/>

Click on the Nutrition Guide link at the top of the page

Click on Printable Nutrition Guide

Find the Fresco Soft Taco - Beef. How many calories does it have?

How many more calories are in the Beef Soft Taco Supreme?

Find the Crunch wrap Supreme. How many calories does it have?

How many fat grams?

How many grams of fiber?

Which food on this site is the highest in calories?

Which food on this site is the highest in sodium?

1. Now find the web site of your favorite fast food restaurant. Find the nutrition facts for that restaurant. Find the nutrition facts for your favorite food and record them below.

Name of restaurant:

Record web address here:

Name of favorite food:

Size of serving:

Total Calories:

Amount of calories from fat:

Milligrams of cholesterol:

Milligrams of sodium:

Grams of carbohydrates:

Grams of fiber:

Grams of sugar:

Grams of protein:

1. Now find the web site of your favorite dine in restaurant. Find the nutrition facts for that restaurant. Find the nutrition facts for your favorite food and record them below.

Name of restaurant:

Record web address here:

Name of favorite food:

Size of serving:

Total Calories:

Amount of calories from fat:

Milligrams of cholesterol:

Milligrams of sodium:

Grams of carbohydrates:

Grams of fiber:

Grams of sugar:

Grams of protein:

1. Summarize your findings in a minimum of 2 paragraphs.

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