

Phenomenon: Nutrition Label

As we study about matter in chemistry, we must first learn what really matters most, our health and our body.

Watch the video, The Science Behind Calories, on our website. Answer the following questions in complete sentences. Have me stamp your work.

1. What information does a nutrition label on food typically contain?
2. What is the definition of a Calorie?
3. What is the difference between a nutritional Calorie (uppercase C) and a calorie (lowercase c)?
4. How many Calories per gram are found in carbohydrates, proteins, and fats?
5. Does every person require the same amount of calorie intake? Explain.
6. How is the Kjeldahl method used to determine the amount of protein in a food?
7. What two methods are used to measure fat content in food? What is the drawback of one of the methods?
8. How is the amount of total carbohydrates in food found?
9. How much protein, fat, and carbohydrate is it recommended that we consume?

