

Name: ANSWER KEY

Date: _____

Discover Dairy and Animal Health Nutrition Lab

Directions: Answer the questions below in the spaces provided.

1. Using the nutritional labels provided, record the following information in the table below for one serving size of each.

Food	Weight (g)	Calories	Protein (g)	Calcium (mg)	Iron (mg)
Spinach	30	7	0.86	29.7	0.81
String Cheese	28	80	7	150	0
Baby Carrots	15	5	0.1	4.8	0.13
Orange Juice	240	120	2	31	0

2. Create a balanced and nutritional snack using these foods. Your requirements for the snack are 250 calories, 12g of protein, 300mg of calcium, and 3mg of iron (as close as you can).

Food	# Servings	Weight (g)	Calories	Protein (g)	Calcium (mg)	Iron (mg)	Percent of Total Weight
Spinach	3	90	21	2.58	89.1	2.43	21.5311%
String Cheese	1	28	80	7	150	0	6.6982%
Baby Carrots	4	60	20	0.4	19.2	0.52	14.354%
Orange Juice	1	240	120	2	31	0	57.4162%
Totals	NA	418	241	11.98	289.3	2.95	99.9995%

3. Using the servings in question 2, make a spinach salad (cut up the string cheese and baby carrots first). Also, pour the correct amount of orange juice into a cup or glass. Would you eat this? **YES OR NO** Why or why not?

ANSWERS WILL VARY.

4. What nutrient is the hardest to balance? **CALORIES** Why?

Certain foods have a lot of calories while other foods had very little calories but affected everything else.

5. What would happen if you tried to add another serving of string cheese?

The calories and protein would be too high.

6. How do you think adding 6 more foods to our salad would change your experiment?

More food would make it harder because you have to balance even more things together.

