

Name: _____

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					
String Cheese					
Baby Carrots					
Orange Juice					

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							
String Cheese							
Baby Carrots							
Orange Juice							
Totals							

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? _____ Why or why not?

4. What nutrient is the hardest to balance? _____ Why?

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

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

