

Interpreting Labels:

Stored Food Energy

Name _____

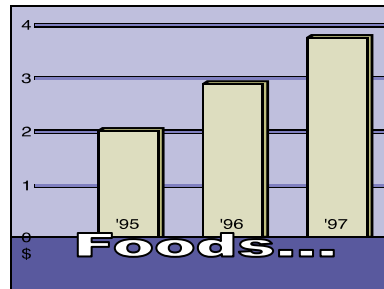
Background: Food supplies us with matter to build tissue and energy to do work. The energy content of food is measured in calories

Food	Grams per Serving **Serving size	Calories per serving	Calories per gram	Calories per 100 grams
Pop Tarts				
Frosted Flakes				
Reese's				
Tuna				
Corn				
Ham				
Pasta				
Ritz				

Make a bar graph that compares the calorie content for 100-gram samples of each of the foods in your table.



GOOD SOURCE



Analysis questions:

- Which foods (2-3) contain the most calories per gram? _____
- The fewest calories? Hint: use the calories per 100 grams otherwise you are looking at the calories of different amounts of food. _____
- Why is it helpful to convert the measurements to the same sample size? _____
- Why is calorie content on the label stated in terms of a serving size rather than in terms of a 100 gram sample? _____
- How should a person put information about the calorie content to use? _____

