**Essential Nutrients in my Favorite Food**

1. Paste a photo of the **Nutritional Facts** of your favorite food below.
2. List all the **organic nutrients** in your favourite food.
3. Which ingredients in your favourite food account for these organic nutrients?
4. List all the **inorganic nutrients** in your favorite food.
5. Which ingredients in your favorite food account for these inorganic nutrients?
6. Click on the following link to access Health Canada’s Food Guide and answer the following questions.

<https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf>

1. What are the main food groups? Which organic or inorganic nutrients are found in each food group?
2. Which food group does your favourite food belong to?
3. Research the **optimum amount** of fat, sugar and salt intake for a teenager (Hint: look up daily recommended intake of…). How does your favorite food compare to this?