FAVOURITE FOOD ASSIGNMENT

1. What is one of your favourite foods?
2. Look up the nutritional information for this food.
3. Take a photo of the nutritional information (copy/paste)
4. If the food is organic/produce or a prepared meal you may need to Google this.
5. Look at the ingredients list in the food. What are the organic nutrients in your food? What are the inorganic nutrients in your food?
6. What are the macro- and micro-nutrients in the food?
7. How do these nutrients contribute to your health and growth?
8. Are there an excess of one type of nutrient?  If so, how might this affect health and growth

Share with Mr. Wesa cowesa@educbe.ca