

Format:

- Divide your paper into four horizontal sections

Section Titles:

- In the Upper-Left corner of each section put it's title: (highlight) (TOP to BOTTOM) Breakfast, Lunch, Dinner, & Totals

Directions:

- Under each section title create a list of foods from McDonalds that you would prefer to eat for that meal.
- Your list must descend (go down from) from the title.

Analysis of McDonalds	
<u>Breakfast:</u> Egg McMuffin Hashbrowns Organge Juice	
<u>Lunch:</u>	
<u>Dinner:</u>	
<u>Totals:</u>	

Pg2 Activity: Analysis of McDonalds

Analysis of McDonalds				
<u>Breakfast:</u>	<u>calories</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Protein(g)</u>
Egg McMuffin	200 calories			
Hashbrowns	100 calories			
Organge Juice	75 calories			
	375 calories			
<u>Lunch:</u>				
<u>Dinner:</u>				
<u>Totals:</u>				

Format 2:

- Divide the first three sections into five columns (the first column contains your food lists)

Column Titles:

- At the TOP of each column put it's title: Calories, Fats (g), Carbohydrates (g), & Protein (g)

Directions:

- Find the amount of each substance (column) for each food item
- *** At the bottom of each Sectional-Unit (column/row) state the total of that substance for that meal.

Pg2 Activity: Analysis of McDonalds

Format 3:

- Divide the “totals” section into four boxes

Box Titles:

- Calories, Fats, Carbohydrates, & Protein

Directions (calories):

- (1) State your calorie intake for the day of McDonalds food.
- (2) Show your BMR formula
- (3) State your BMR (the answer to #2)
- (4) On this day did you gain, lose, or maintain your body weight? Explain why. (complete sentence)

Analysis of McDonalds				
<u>Breakfast:</u>	<u>calories</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Protein(g)</u>
Egg McMuffin	200 calories			
Hashbrowns	100 calories			
Organge Juice	75 calories			
	375 calories			
<u>Lunch:</u>				
<u>Dinner:</u>				
<u>Totals: Calories</u>		<u>Carbohydrates</u>		
<u>Fats</u>		<u>Proteins</u>		

**Pg2 Activity:
Analysis of McDonalds**

Directions (Fat):

Daily Allowance: 60-70g

- (1) Compare your FAT intake to the recommended Daily Allowance. Make sure to include if you are getting too much, too little, or just the right amount.

Directions (Carbohydrates):

Daily Allowance: 225-325g

- (1) Compare your carbohydrate intake to the recommended Daily Allowance. Make sure to include if you are getting too much, too little, or just the right amount.

Directions (Protein):

Daily Allowance: 40-50g

- (1) Compare your PROTEIN intake to the recommended Daily Allowance. Make sure to include if you are getting too much, too little, or just the right amount.

Analysis of McDonalds				
<u>Breakfast:</u>	<u>calories</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Protein(g)</u>
Egg McMuffin	200 calories			
Hashbrowns	100 calories			
Organge Juice	75 calories			
	375 calories			
<u>Lunch:</u>				
<u>Dinner:</u>				
<u>Totals: Calories</u>		<u>Carbohydrates</u>		
<u>Fats</u>		<u>Proteins</u>		

Pg6 Activity: Carbohydrates, Fats, Proteins

Organic Nutrients

Carbohydrates

- Are energy giving nutrients that include sugars, starches, and fiber.
- (types w/ description)
- (bonus fact)
- (visual)

Fats

- (function/Purpose)
- **Saturated fats** are bonded to as many hydrogen atoms as possible.
- **Unsaturated Fats...**
- **Cholesterol...**
- (bonus fact)
- (visual)

Proteins

- (function/Purpose)
- (types/variations)
- Proteins are made of molecules called amino acids
- (visual)

Directions:

- Create a tree-map of the **organic nutrients** needed by the body
 - Each branch of the tree-map needs to include:
 - 1: the nutrient's name
 - 2: function/purpose
 - 3: types (variations) along with a brief description
 - 4: bonus fact
 - 5: a visual.
- * Highlight (color-code) the **name** and its **types**

**use pages 154-160 in your TB for assistance.*