Analysis of N	McDonalds
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Breakfast:

Egg McMuffin Hashbrowns Organge Juice

<u>Lunch</u>:

<u>Dinner</u>:

Totals:

Format:

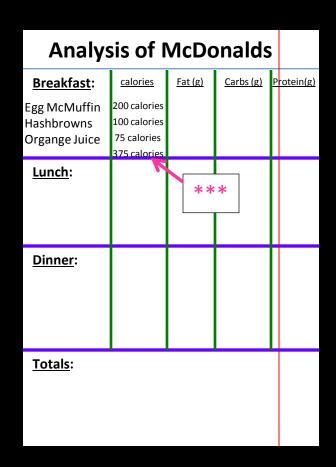
Divide your paper into four horizontal sections

Section Titles:

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

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.



Format 2:

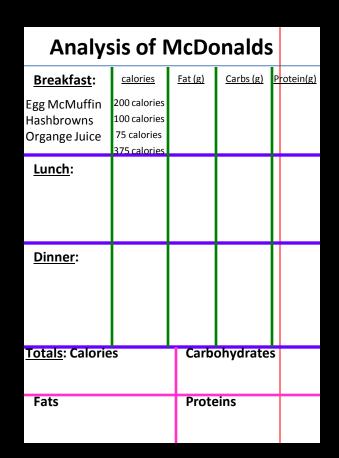
 Divide the first three sections into five columns (the first column contains your food lists)

Column Titles:

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

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.



Format 3:

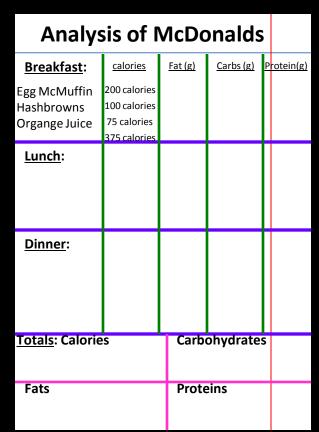
 Divide the "totals" section into four boxes

Box Titles:

 <u>Calories</u>, <u>Fats</u>, <u>Carbohydrates</u>, & 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)



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.

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 treemap 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 it's **types**

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