

## Do Now (3 min.)

What does it mean if something has high nutritional value?

What does it mean if something has low nutritional value?

# Agenda

1. Do Now (3 min.)
2. Objectives (2 min.)
3. What is Nutritional Value? (15 min.)
4. McDonald's Analysis (25min.)
5. Discussing findings (10 min.)
6. Closing (5 min.)

## Objectives (2 min.)

SWBAT

Content: (1) analyze the nutritional value of a Big Mac

Language: by (1) reading about the Big Mac's nutrition facts and applying their knowledge of carbohydrates, fats, and protein

## What is nutritional value? (15 min.)

- Nutritional value is a measurement of the calories in a food compared to the overall benefit that food has to your body.
- Foods that give you the most nutrients for the least calories

Which one of these foods do you think has the highest nutritional value?

1=highest  
4= lowest



225

271

69

53

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	225 (942 kJ)	11%
From Carbohydrate	164 (687 kJ)	
From Fat	7.4 (31.0 kJ)	
From Protein	53.3 (223 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	271 (1135 kJ)	14%
From Carbohydrate	131 (548 kJ)	
From Fat	122 (511 kJ)	
From Protein	17.2 (72.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	69.2 (290 kJ)	3%
From Carbohydrate	46.2 (193 kJ)	
From Fat	8.4 (35.2 kJ)	
From Protein	14.5 (60.7 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	53.8 (225 kJ)	3%
From Carbohydrate	0.0 (0.0 kJ)	
From Fat	32.1 (134 kJ)	
From Protein	21.7 (90.9 kJ)	
From Alcohol	0.0 (0.0 kJ)	

## Snickers

## Black Beans

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	2.1 mg	4%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	0%
Vitamin K	14.9 mcg	19%
Thiamin	0.3 mg	19%
Riboflavin	0.1 mg	6%
Niacin	1.0 mg	5%
Vitamin B6	0.2 mg	11%
Folate	230 mcg	58%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	54.0 mg	
Betaine	0.2 mg	

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	96.3 IU	2%
Vitamin C	0.3 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.9 mg	4%
Vitamin K	1.1 mcg	1%
Thiamin	0.0 mg	2%
Riboflavin	0.1 mg	4%
Niacin	2.1 mg	10%
Vitamin B6	0.1 mg	3%
Folate	15.4 mcg	4%
Vitamin B12	0.1 mcg	2%
Pantothenic Acid	0.3 mg	3%
Choline	21.9 mg	
Betaine	0.5 mg	

[More details ▼](#)

Minerals		
Amounts Per Selected Serving		%DV
Calcium	62.0 mg	6%
Iron	3.9 mg	22%
Magnesium	74.3 mg	19%
Phosphorus	244 mg	24%
Potassium	717 mg	20%
Sodium	1.8 mg	0%
Zinc	1.8 mg	12%
Copper	0.4 mg	19%
Manganese	0.8 mg	38%
Selenium	1.9 mcg	3%
Fluoride	~	

Minerals		
Amounts Per Selected Serving		%DV
Calcium	53.0 mg	5%
Iron	0.4 mg	2%
Magnesium	41.0 mg	10%
Phosphorus	108 mg	11%
Potassium	184 mg	5%
Sodium	140 mg	6%
Zinc	1.4 mg	10%
Copper	0.2 mg	8%
Manganese	0.2 mg	10%
Selenium	4.4 mcg	6%
Fluoride	20.7 mcg	

## Whole Wheat Bread

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	0.8 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	1%
Vitamin K	2.2 mcg	3%
Thiamin	0.1 mg	7%
Riboflavin	0.1 mg	4%
Niacin	1.3 mg	7%
Vitamin B6	0.1 mg	3%
Folate	14.0 mcg	3%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	7.4 mg	
Betaine	~	

[More details ▼](#)

Minerals		
Amounts Per Selected Serving		%DV
Calcium	30.0 mg	3%
Iron	0.7 mg	4%
Magnesium	23.0 mg	6%
Phosphorus	56.6 mg	6%
Potassium	69.4 mg	2%
Sodium	132 mg	6%
Zinc	0.5 mg	3%
Copper	0.1 mg	5%
Manganese	0.6 mg	30%
Selenium	11.3 mcg	16%
Fluoride	~	

## Beef

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	0%
Vitamin K	0.3 mcg	0%
Thiamin	0.0 mg	1%
Riboflavin	0.0 mg	3%
Niacin	1.3 mg	7%
Vitamin B6	0.1 mg	5%
Folate	1.7 mcg	0%
Vitamin B12	0.6 mcg	9%
Pantothenic Acid	0.2 mg	2%
Choline	18.9 mg	
Betaine	2.2 mg	

[More details ▼](#)

Minerals		
Amounts Per Selected Serving		%DV
Calcium	3.4 mg	0%
Iron	0.6 mg	3%
Magnesium	5.3 mg	1%
Phosphorus	49.0 mg	5%
Potassium	80.9 mg	2%
Sodium	19.0 mg	1%
Zinc	1.3 mg	8%
Copper	0.0 mg	1%
Manganese	0.0 mg	0%
Selenium	4.0 mcg	6%
Fluoride	~	

# McDonald's Analysis (25 min.)

Name \_\_\_\_\_ Date \_\_\_\_\_ Block \_\_\_\_\_

## McDonald's Nutritional Value

You are going to explore the nutritional value of McDonald's food. In the United States, the daily recommended calories for an average adult is 2,000. Based on that information as well as the food pyramid, dieticians figure out how many grams of different nutrients we should have.

Foods	
High Nutritional Value	Low Nutritional Value
-gives you _____energy	-gives you _____energy
-has _____number of calories	-has _____number of calories
-has _____number of vitamins/minerals	-has _____number of vitamins/minerals
-has little _____fat	-has lots of _____fat

Food Item	# of Calories	Item weight (g)	Saturated Fat (g)	Saturated Fat Daily %	Carbohydrates (g)	Carbohydrates Daily %	Protein (g)	Protein Daily %	Sodium (g)	Sodium Daily %
<b>Total</b>										

2. Based on the above information you collected, what conclusions can you draw about the nutritional value of McDonald's.

Discussing Findings (10 min.)

Closing (5 min.)