**Nutritional Predictions**

Directions:

**(A)** Using the six foods/drinks provided, predict their nutritional value as “good”, “bad” and “costly”. What makes the food or drink “good”? What makes the food or drink “bad”? Use the provided example as a reference.

**(B)** Once you have completed the “good”, “bad”, and “costly” columns, rank the foods/drinks in order from what you believe to be the best food choice for you, meaning it has the most nutritional value, (#1) to what you believe is not the best food choice for you (#10). Include the example in your rankings.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food/Drink** | **“Good”** | **“Bad”** | **“Costly”** | **Rank** |
| **Example:**  **Small package Nacho Cheese Doritos** |  | **Not a good source of protein or dietary fiber; high in sodium (salt)** | **No** |  |
| 1 medium apple |  |  |  |  |
| 1 bottle of Gatorade |  |  |  |  |
| 1 slice of pepperoni pizza, regular crust |  |  |  |  |
| 1 cup of 1% milk |  |  |  |  |
| McDonald’s Big Mac |  |  |  |  |
| 1 cup of orange juice |  |  |  |  |
| 1 cup cooked oatmeal, plain |  |  |  |  |
| 1 medium banana |  |  |  |  |
| 1 bottle of regular Pepsi |  |  |  |  |

**Nutritional Predictions Teacher Answer Sheet**

Directions:

**(A)** Using the six foods/drinks provided, predict their nutritional value as “good”, “bad” and “costly”. What makes the food or drink “good”? What makes the food or drink “bad”? Use the provided example as a reference.

**(B)** Once you have completed the “good”, “bad”, and “costly” columns, rank the foods/drinks in order from what you believe to be the best food choice for you, meaning it has the most nutritional value, (#1) to what you believe is not the best food choice for you (#10). Include the example in your rankings.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food/Drink** | **“Good”** | **“Bad”** | **“Costly”** | **Rank** |
| **Example: Small package Nacho Cheese Doritos** | Low in fat; zero cholesterol | **Not a good source of protein or dietary fiber; high in sodium (salt)** | **No** | 6 |
| 1 medium apple | Great source of dietary fiber; minimal amount of calories | Not a good source of protein | No | 2 |
| 1 bottle of Gatorade | No fat or cholesterol; minimal amount of calories | Large amount of sodium; not a good source of protein or dietary fiber | Yes | 9 |
| 1 slice of pepperoni pizza, regular crust | Excellent source of protein and dietary fiber | High in calories and sodium; minimal amount of carbohydrates, cholesterol, and fat | Yes | 5 |
| 1 cup of 1% milk | Great source of protein; minimal calories | High in cholesterol and sodium; contains no dietary fiber | Yes | 4 |
| McDonald’s Big Mac | Excellent source of protein; high in dietary fiber | Extraordinary amount of calories, fat, cholesterol, carbohydrates, and sodium | Yes | 8 |
| 1 cup of Suncup orange juice | No fat, cholesterol, sodium; minimal amount of calories and carbohydrates | Not a source of protein or dietary fiber | No | 7 |
| 1 cup cooked oatmeal, plain | Great source of protein; high in dietary fiber; no cholesterol and very little sodium | Minimal amount of calories and fat | No | 1 |
| 1 medium banana | Good source of dietary fiber | Minimal amount of calories | No | 3 |
| 1 bottle of regular Pepsi | No fat, cholesterol, protein or dietary fiber | High in calories, carbohydrates, and sodium | Yes | 10 |