Name: _____ Class period: _____ Date: _____

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				

Name: _____   Class period: _____   Date: _____

Nutritional Predictions Teacher Answer Sheet

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(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