

Name: _____ Period: _____ Date: _____

Graphs and Nutritional Information

1. In the space below, make a **bar graph** using the following information:

A student looked at the labels of her favorite snack foods and here is what she found:

- Chocolate Chunk Cookies had 7 grams of fat, 22 grams of carbohydrates, and 2 grams of protein per serving.
- Honey Roasted Peanuts had 12 grams of fat, 8 grams of carbohydrates, and 7 grams of protein per serving.

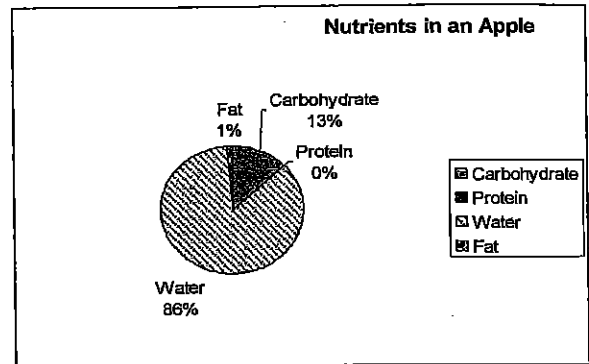
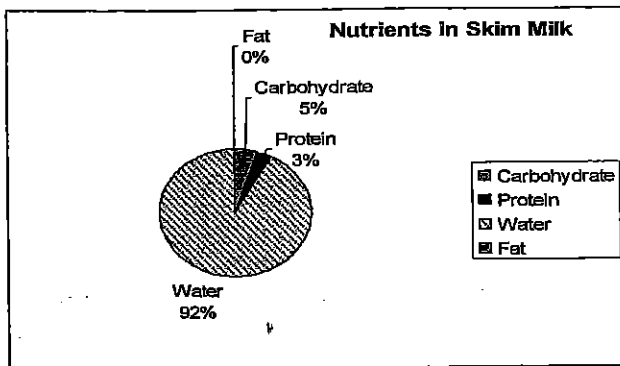
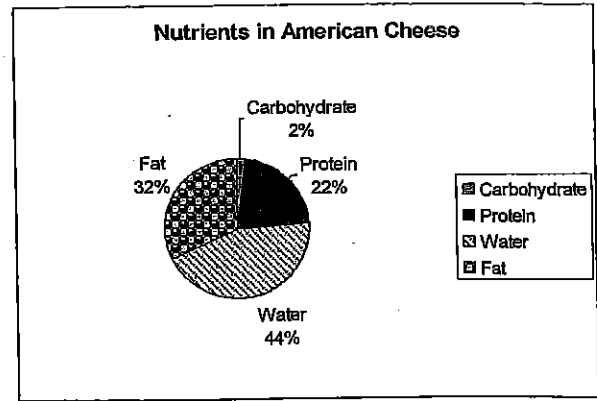
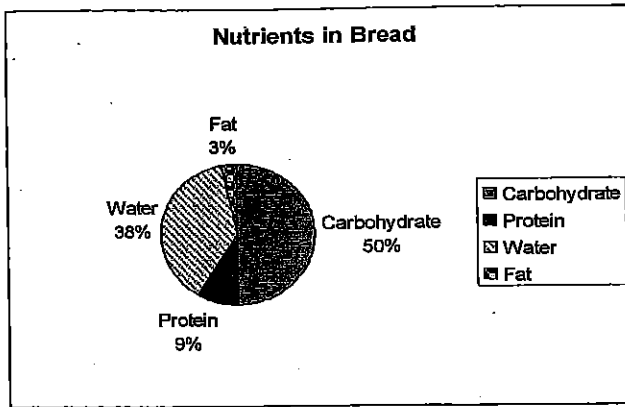
- a. Which snack had the **most fat** per serving?
- b. Which snack had the **most carbohydrates**?
- c. Which food do you think is best for you and why?

2. Make a **pie chart** from the following information. **(Remember that you need to convert to a percentage that adds up to 100 before making a pie chart.)**

A student wanted to see which nutrient contributed the most to the mass of the food. One serving contained 9 grams of carbohydrates, 6 grams of fat, and 5 grams of protein **(The total mass of the food is 20 grams.)**

- a. Which nutrient accounted for the most mass of the food?
- b. What percentage did proteins contribute to the mass?

3. Use the following pie charts to answer the questions below:



- a. Which food above has the **highest concentration of carbohydrates**?

- b. Rank the foods **in order of fat** content, with **highest first and lowest last**.

- c. Why do you think that an apple has no protein in it? (How is an apple different from other food high in protein?)

- d. How would the pie chart for American cheese be different if we were analyzing low-fat American Cheese? **Explain why.** (Make sure to consider all four listed nutrients).

- e. Which nutrient is found in high quantities in all four foods?

- f. Do you think that you get all the water your body needs by drinking only? **Why or why not?**

g. In the space below make a **bar graph** that **compares the amount of carbohydrates** in all four of the foods given here. **Remember to LABEL ALL parts of your graph for full credit :)**

