

Nutrition Lab

Biology 20 Spring 2014 Extra Credit Assignment
Due Date: Monday, May 12, by email or hard copy

Biology is the study of life, and having complete and accurate knowledge is vital to making good decisions. The most common biology-related decisions we make on a daily basis are related to our own nutrition, so having a complete picture of our eating habits is vital to healthy living.

Please note: this assignment is optional, though recommended, and students with eating disorders are advised to proceed with caution. Food and weight are sensitive topics to most humans because of their importance to our lives, and this assignment may help with increasing objectivity but it may also be a difficult subject to even approach. If this assignment is a serious struggle for you, please consider contacting counseling@evc.edu for help with understanding this.

The assignment is broken into three parts.

- Part 1: Nutrition log
 - Record everything you eat and drink for 1 week (7 consecutive days)
 - Recording the nutrition facts for everything is optional, as most food calculators will automatically estimate the nutrition facts for you (but recording Calories and grams of fat, saturated fat, sugar, protein, and sodium is likely to help your analysis)
- Part 2: Tabulation
 - Use a website such as <https://www.supertracker.usda.gov/> or equivalent to tally your total intake of the following nutrients (feel free to collect data on others as well):
 - Calories and Calories from fat
 - Fat and Saturated fat
 - Protein
 - Sugar
 - Sodium, Potassium, and Calcium
 - Alternatively if you have recorded your nutrition facts you may also manually tally up your data for the listed essential nutrients
- Part 3: Dietary Analysis
 - Answer each of the questions with a minimum of one complete paragraph
 - What is the overall pattern of your nutrition?
 - What is your target nutrition pattern like? Factors such as height, weight, activity level and family history may apply. Also feel free to use caloric calculators such as <http://nutritiondata.self.com/tools/calories-burned>
 - What nutrients are you potentially deficient in?
 - What nutrients are you potentially exceeding in?
 - Answer each question with a minimum of two paragraphs
 - Why is nutrition important?
 - What changes to your diet, if any, do you believe are appropriate?
- To Turn in: Tabulation of diet (including graphs if possible) and Dietary Analysis (food log not required)
- A complete and thoroughly well-written assignment will add up to 4% to your final grade in the course, after the curve. Incomplete, poorly written or less thoughtful assignments will earn percentage points from 0-3% depending on merit.