**Food Science**

**Term 1 Projects**

Using a 24 hour recall, analyze decisions you have made for food choices. Have you met caloric requirements, are you in a caloric deficit or excess? Have your calories come in the form of fat, grains, vegetables? Are you drinking calories? Have you met requirements for protein? Are you getting excessive protein? Have you consumed enough fibre? Are you getting iron, vitamins and other minerals? How much processing is going into the food and drinks that you consume? Are you preparing your food with an oven, microwave, etc., what cooking processes do you use and why? Is today a regular day for you or has it been a special occasion? If you followed this process for one week or one month what would happen? Would you want to make some adjustments? Would you be gaining weight or losing weight? Building muscle or becoming lean? Do you receive enough mineral and vitamins from your diet? Would you have a fibre deficiency?

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Tell me about … (3 of 5)

1. Tell me a story, “How a Hamburger Turns into You.”
2. Watch the film Kon Tiki and relate to the ingenious ways to get water.
3. Discuss why grain foods form the foundation of most diets all over the world. Include the fact that for impoverished communities, 90% of the energy food provided comes from carbohydrates, while in “rich” countries, the percentage is only 50%. What if we looked to the north?
4. What is the best source of dietary fibre? Is fibre deficiency a major concern?
5. How can we have a healthy heart?

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Come to a conclusion… (1 of 3)

1. Do you get enough calcium? Why do we need calcium? Come to a conclusion about calcium in our diet.
2. Am I awful for eating meat? There are so many differing ideas about the animal food product industry, which one is telling the truth? Come to a conclusion about food products that come from animals.
3. Should I be taking vitamins? What happens if I don’t get enough vitamins? Does my lifestyle hurt my body’s ability to process vitamins and minerals? Are vitamin supplements wasteful? Come to a conclusion about vitamins in our diet.

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