



FUN THINGS TO DO AT HOME **NUTRITION FUN**



Objective: Work with your parents to figure out how many calories are in your dinner

Materials:

- Dinner supplies
- Calculator
- Food scale (set to grams)
- Paper
- Pencil
- Access to the internet

Directions:

1. Select a meal to prepare for dinner. As you collect your ingredients look at the nutrition label and mark down how many grams of proteins, fats, and carbohydrates (macronutrients) are in each. Make sure you adjust based on how many servings you are using (i.e. if you are using three servings multiply the grams for each macro-nutrient by three).
2. You can determine how many calories are in an ingredient by multiplying the grams of protein by 4, fats by 9, and carbohydrates by 4.

ex. Uncooked Chicken Breast (3.5oz or 99 grams)*
Protein- $21.2\text{g} \times 4 = 84.8$
Fat - $2.6\text{g} \times 9 = 23.4$
Carbs- $0.0\text{g} \times 4 = 0.0$
Total - = 108.2 calories/serving
3. As you add ingredients to your meal keep track of how many grams of macro-nutrients and calories are being added. When you have completed cooking the meal divide the calories by how many portions (add the # of family members, if anyone has two helpings and any leftovers). This number will determine approximately how many calories are in each portion of food.

Bonus Challenge: Determine if the macro-nutrients for your meal are within recommended ranges

4. It is recommended that the average person consumes about 2,000 calories every day. Within those 2,000 calories 10-35% should be protein, 45-65% should be carbohydrates, and 20-35% should be fats. This equals approximately:

Protein- 10-35% or 50-175 grams
Carbohydrates- 45-65% or 225-325 grams
Fats- 30-35% or 44-67 grams
5. Total the grams for each macronutrient of your portion of dinner. If you use 1/3 of your daily calories (about 667) for dinner, are you consuming the recommended range of macro-nutrients?

*<https://www.nationalchickencouncil.org/chicken-the-preferred-protein-for-your-health-and-budget/the-nutritional-value-of-chicken/>