

Technology Applications

Lesson: 4/7/20

Learning Target:

Students will be able to use google sheets to compare and calculate calories in different foods

Let's Get Started:

Practice:

Think about your favorite meal from a fast food restaurant including a dessert.

Write it down on a piece of paper.

Ex.

Big Mac

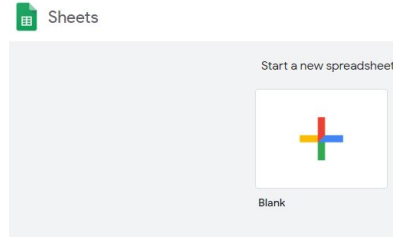
Large Fries

Large Coke

Apple Pie

Practice:

Open up Google sheets and make your spreadsheet look like the example below while using your food items.



	A	B	C	D	E
1		Calories	Fat Calories	Non-fat Calories	Percentage of fat
2	Big Mac				
3	Large Fries				
4	Large Coke				
5	Apple Pie				
6	Total				
7					

If you do not have access to google sheets you can do this on a piece of paper.

Practice

Go to this link to look up calorie contents for each item on your list.

<https://nutritiondata.self.com/>

We find the calorie information here.

Ex.

McDONALD'S, BIG MAC

Serving size: 1 Item (219g)

FOOD SUMMARY

Nutrition facts label for McDONALD'S, BIG MAC
This feature requires Flash player to be installed in your browser. Download the player here.
Download Printable Label Image

Nutritional Target Map [What is this?](#)
Nutritional Target Map for McDONALD'S, BIG MAC
This feature requires Flash player to be installed in your browser. Download the player here.

2.0
1.8
Fullness Factor

ND Rating

Caloric Ratio Pyramid [What is this?](#)
Caloric Ratio Pyramid for McDONALD'S, BIG MAC
This feature requires Flash player to be installed in your browser. Download the player here.

30%	52%	18%
Carbs	Fats	Protein

Estimated Glycemic Load
20
0 250
Typical target total is 100/day or less
[What is this?](#)

NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★
Optimum health: ★★★★★
Weight gain: ★★☆☆☆

The bad: This food contains Trans Fat.

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	563 (2357 kJ)	28%
From Carbohydrate	164 (687 kJ)	
From Fat	295 (1235 kJ)	
From Protein	104 (435 kJ)	
From Alcohol	~ (0.0 kJ)	

Practice:

Insert your calories and calories from fat into your spreadsheet.

Use the following formulas to help you figure out the rest of the chart.

	Calories	Fat Calories	Non-fat Calories	Percentage of fat
Big Mac	563	295	=B2-C2	=C2/B2
Large Fries	487	223		
Large Coke	310	0		
Apple Pie	249	109		
Total	=SUM(B2:B5)	=SUM(C2:C5)	=SUM(D2:D5)	=C6/B6

Additional Practice

Spreadsheets and Charts

Using your spreadsheet and charts, answer the following questions.

1. Total calories for meal
2. Total fat calories for meal
3. Total non-fat calories for meal
4. Percentage of fat in meal
5. Item with most calories and number of calories
6. Item with least calories and number of calories

Self Assessment:

Looking at the guidelines from the Harvard Medical School answer the following questions.

[Harvard Medical School](#)

How does your percentage of fat compared to the percentage recommended?

What about other guidelines like eating fruits and vegetables. Have you planned a healthy meal?

What changes might you make in your meal to make it healthier?