



MODULE IT – PREPARATORY ACTIVITIES

SCIENCE ASSIGNMENT - NUTRITIONAL ANALYSIS OF THE RECIPE

The class is divided into groups.

Each group is provided with:

- The recipe assigned to each group
- The caloric calculation sheet
- The compositional tables of foods (each Country has its own)

First part: make caloric calculation through the caloric calculation sheet.

The form is introduced by the science teacher in the curricular lessons and the teacher will be available for any doubts and problems in compiling them.

Students will have 30 minutes to fill in the table. If possible, each group will be provided with a PC or Tablet to enter data on the excel file.

Second part: make nutritional analysis by reading the caloric calculation sheet and filling in the nutritional sheet.

The data requested is entered through the previous operational form and the following data and their meaning are evaluated step by step:

1. Using the data in the caloric calculation sheet, **evaluate the calories** associated with the dish and the percentage distribution of calories in the macronutrients (proteins, fats and sugars).
A balanced dish has such distributed values

Carbohydrates = 50-60%

Fats = 20-30%

Proteins = 10-20%

2. Evaluate the **protein content** by comparing the data entered and the DRI (Dietary Reference Intake)
3. Evaluate the **fiber** content through reference values.
4. Evaluate **cholesterol** through reference values.
5. Identify any **allergens** among the ingredients