

NAME:

CLASS:

DATE:

Nutrition Research: Making a Meal Part 2

Now you are going to create a meal similar to your fast food meal, but one that you can make at home. Please make sure to fill in all of the information so that you can make a real comparison between the two meals.

FOOD ITEM	INGREDIENT	CAL	FAT (g)	CARBS (g)	PROTEIN (g)	COST total package	COST per serving
TOTALS							

FOOD ITEM	INGREDIENT	CAL	FAT (g)	CARBS (g)	PROTEIN (g)	COST total package	COST per serving
TOTALS							

FOOD ITEM	INGREDIENT	CAL	FAT (g)	CARBS (g)	PROTEIN (g)	COST total package	COST per serving
TOTALS							

FOOD ITEM	INGREDIENT	CAL	FAT (g)	CARBS (g)	PROTEIN (g)	COST total package	COST per serving
TOTALS							

FINAL TOTALS	CAL	FAT (g)	CARBS (g)	PROTEIN (g)	COST total package	COST per serving