

**Adventures in Food and Nutrition! © 2012**  
**Chapter 10: Recipes—Blueprints for Food—Math Activity**

**Making Nutrition Facts Labels**

People are more interested in nutrition than ever before. That is why many cookbook authors include a nutrient analysis for each recipe. If a recipe does not have this information, you can analyze it yourself.

In this activity, you will analyze the Stir-Fried Vegetables recipe in Chapter 10 of your text, ***Adventures in Food and Nutrition***.

**Activity Questions**

1. List all the ingredients and the amounts in the recipe in the chart below.

Ingredient	Amount	Calories	Fat(g)	Vitamin A (µg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)

2. Now, go to the *Food Composition Table* in the Appendix in the back of your book and look up the amount of calories, fat, vitamin A, vitamin C, calcium, and iron in each ingredient. You will need to adjust the calorie and nutrient values to match the quantity of food in the recipe. For example, you need ½ cup of celery and the amount in the table is 1 cup. That means you will need to divide the amounts in the table by 2. If the amounts for Chinese noodles are for 1 cup, you will need to multiply the amounts by 2. Write these values in the chart above. You can go to the website below to find foods that are not in the table in your book.

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Name \_\_\_\_\_ Date \_\_\_\_\_

3. How many servings does the recipe make?

4. How much does the recipe provide per serving?

Calories:

Fat:

Vitamin A:

Vitamin C:

Calcium:

Iron: