



Name \_\_\_\_\_

## Nutrition Facts Photo Scavenger Hunt

**Introduction:** The theme of our biochemistry unit is: **you are what you eat**. The goal for this project is for you to explore this idea for yourself by studying a variety of nutrition facts labels

**Directions:** To start your scavenger hunt, grab a selfie stick and your cell phone or a camera and start looking around at the nutrition facts labels on as many foods as possible. Places to check out would include your pantry, food cupboard, refrigerator and freezer at home as well as browsing for foods at a convenience or grocery store. The goal is to find foods that meet as many of the 25 nutrition criteria (table on back) as possible. Each time you find a food that meets a nutrient criteria, copy down the food **name** and **grams/serving**, take a **PICTURE** of yourself pointing at the food and then check it off in the table on the back. To finish your project, organize all your pictures in one file on a computer (e.g., Google Slides, Powerpoint, Word etc, ) and include the following information below each picture: A) **Scavenger Hunt number (1-25)**, B) **Food Name** C) **Food Nutrient Criteria in g/serving**. Then submit your project by turning in your *Google Slides file on Google Classroom* OR uploading your file to the PreAP Biology Weebly website: **preapbioraypec.weebly.com**

### Project Guidelines:

- 1) Only photos showing your **face** and the food will count
- 2) The goal is to find and include photos of all 25 foods on the check list ... Recovery points are possible to make up for any food items on the scavenger hunt that were not located
- 3) Each food item that you include in the project can only count towards **ONE** of the 25 nutrient criteria .... (cannot use same photo for 2 criteria)
- 4) Assume all information on a nutrition facts label is measured in grams per serving and write the number down in the data table each time you find a food for your scavenger hunt so you can remember it to label your photo later.
- 5) Turn in a **Self-Graded** Scoring Guide with your project

Example Photo



#3 ... Kraft Mac-N-Cheese .....Total Carbohydrate = 49 g/serving

## Scavenger Hunt Scoring Guide

Identify food nutrients correctly?	25	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Follow directions correctly?																					
<ul style="list-style-type: none"> <li>• Photos show face?</li> <li>• Included SH # 1-25?</li> <li>• Food Name &amp; Nutrient info?</li> <li>• Turned in a Self-Graded scoring guide with project</li> </ul>	10	9	8	7	6	5	4	3	2	1	0										

Recovery Points \_\_\_\_\_ Scavenger Hunt Project Score (35 points) →



# Nutrition Facts Scavenger Hunt Check List

SH #	Food Nutrient Criteria	Write down the food name and # here (g/serving)	<input checked="" type="checkbox"/> Here for each photo in your project
<b>Carbohydrates</b>			
1	TOTAL Carbohydrates 30 – 39 g/serving		
2	TOTAL Carbohydrates 30 – 39 g/serving		
3	TOTAL Carbohydrates 40+ g/serving		
4	Dietary FIBER 5-9 g/serving		
5	Dietary FIBER 5-9 g/serving		
6	Dietary FIBER 10+ g/serving		
7	Dietary FIBER 10+ g/serving		
8	Food (NOT a beverage) made with HFCS		
9	Food (NOT a beverage) made with HFCS		
<b>Fats</b>			
10	TOTAL fats 5 – 9 g/serving		
11	TOTAL fats 5 – 9 g/serving		
12	TOTAL fats 10+ g/serving		
13	SATURATED fats 2+ g/serving		
14	SATURATED fats 2+ g/serving		
15	NO TRANS fats 0 g/serving		
16	NO TRANS fats 0 g/serving		
17	Food with TRANS fats 1+ g/serving		
18	Food with OMEGA-3 fats 1+g/serving		
<b>Protein</b>			
19	Protein 10+ g/serving		
20	Protein 10+ g/serving		
21	GLUTEN Free food		
22	GLUTEN Free food		
<b>Balanced Nutrition/other</b>			
23	Total Carbs, Fats & Protein <u>each</u> 5+ g/serving		
24	Total Carbs, Fats & Protein <u>each</u> 5+ g/serving		
25	Food/beverage high in ANTIOXIDANTS		
<b>Recovery Points</b>			
1 pt	Include a <b>parent</b> or <b>relative</b> in one of your photos		
1 pt	Include a <b>pet</b> or store <b>employee</b> (that “special” cashier you’ve wanted to meet )		
1 pt	Include photos of 3 foods and/or products that contain <b>ENZYMES</b>		

**Project Due Date :** \_\_\_\_\_