**Revised QR Lesson**

**Revised QR Goals**

1. Knowledge and Conceptual Understanding: Students will interpret food labels and analyze the nutritional composition of foods.
2. Thinking and Other Skills: Students will extract data and assess whether the selected information supports the objective.
3. Attitude, Values, Dispositions and Habits of Mind: Students will feel more at ease posing questions and discussing the outcomes of the experimental data.

**Revised QR Lesson**

1. Students will be divided into groups of three. Each group will be given a set of instructions. They will be asked to:
   1. Review the information
   2. Analyze the nutrition labels and consider which data is important to address the questions
   3. Identify the nutritional composition of the foods
   4. Demonstrate understanding of percentages

**Better Nutrition by Analyzing Food Labels**

***I. Answer the following questions using the food labels for Cheez-It regular and reduced-fat crackers (Fig. 1).***

1. Nutritionists recommend that no more than 30% of a person’s daily calories come from fat. Does either type of cracker have 30% or less of its calories from fat?

2. Less than 10% of a person’s total daily calories should come from saturated fat. A. Given that a gram of fat has 9 calories, does the saturated fat in either type of cracker meet this guideline? B. Write a formula to show how you can determine the percent of saturated fat a food contains.

3. If total fat accounted for 30% of a food’s calorie content, what maximum percent should saturated fat be of the total fat?

4. The box of reduced-fat version of Cheez-It crackers states that it has 40% less fat than regular Cheez-It crackers. Explain why you believe this claim is true or false.

5. Total carbohydrate should comprise about 60% of a person’s daily caloric intake. Use the Daily Value chart at the bottom of the food label to determine how many calories one gram of carbohydrate has.

