**Human Physiology 110 - HEALTHIEST MEAL ASSIGNMENT –– November 21, 2016**

* **What is the healthiest meal? WORD DOCUMENT ONLY!**
* 1. From the location/meal you choose out of the selections the teacher provided you indicate the following in your assignment.
* 2. Research (web sites) to find the healthiest meal based on your selection (and the meal must include a drink and a dessert too). Also provide name(s) of items chosen and pictures/graphics of your food choices. **Value 10**

NOTE: Take into consideration the Food Pyramid and try to have a balanced meal.

* 2. Your research must include the food items(s) chosen and all of the following nutritional information for each item (as indicated below or in chart format). **Value 48**

Calories

Fat (grams)

Saturated Fat (grams)

Protein (grams)

Sodium or Salt (mg)

Fiber

Sugar (grams)

Carbohydrates

* 3. Include a total nutritional summary for the whole meal (for ***each item of meal*** as outlined below). Can be done in chart format (label food item/drink on top). **Value 8**

Total Calories

Total Fat (grams)

Total Saturated Fat (grams)

Total Protein (grams)

Total Sodium aka Salt (mg)

Total Fiber

Total Sugar (grams)

Total Carbohydrates

* 4. Explain (at least two reasons) why your choices make up the healthiest meal based on your selections. **Value 4**
* 5. You must include all the sources you used (work cited properly). **Value 5**
* 6. Document to be completed in the format of a ***WORD DOCUMENT ONLY***!
* 7. Copy must be provided on the due date indicated below.

**Due date: Wednesday, November 23, 2016**

* **Total Value 75 – Mark rubric**
* 10 pts for graphics/name(s) of food/drink choices
* 48 pts nutritional information
* 8 pts total nutritional summary of meal
* 4 pts explanation for your choices or selections for this meal
* and 5 pts for the work cited properly (work citation page, MLA Format).
* **IF NOT WORK SITED PROPERLY THEN IT IS CONSIDERED PLAGERIZED MATERIAL AND ASSIGNMENT WILL NOT BE ACCEPTED!**

**PLEASE BRING IN SOME FOOD LABELS TO REVIEW IN CLASS**

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| --- | --- | --- | --- | --- |
| **McDonald’s Breakfast** | **Wendy’s Breakfast** | **Greco Pizza** | **East Side Mario’s** | **Pizza Pizza** |
| **McDonald’s Lunch/Supper** | **Wendy’s**  **Lunch/Supper** | **Tim Horton’s**  **Breakfast** | **Jungle**  **Jim’s Breakfast** | **Swiss Chalet** |
| **Pizza Delight**  **Lunch/Supper** | **Subway**  **Breakfast** | **Tim Horton’s**  **Lunch** | **Jungle Jim’s**  **Lunch/Supper** | **Domino’s Pizza** |
| **Dairy Queen** | **Burger King**  **Breakfast** | **Burger King**  **Lunch/Supper** | **Panago Pizza** | **Pita Pit** |
| **KFC** | **Taco Bell** | **Montana’s Cookhouse** | **Pizza Hut** | **Quiznos** |