Name _____   Period _____

Menu Planner

Directions:
You are going to eat dinner tonight at Panera Bread. Look at the Panera menu and pick what you would like to eat for dinner.

Record what foods you picked on the following table:

Food	Carbohydrates (g) *includes fiber and sugar*	Fat (g) *includes saturated fat and trans fat*	Proteins (g)	Calories
Totals:				

Carbohydrates, fats (lipids) and proteins are 3 types of macromolecules. A **macromolecule** is a large molecule made up of smaller molecules linked together. These three macromolecules are essential to the proper functioning of all living things.

Questions:
1. What were your total grams for the foods you chose:?

    a. Carbohydrates _____

    b. Fats _____

    c. Proteins _____

2. Each of these nutrients supply energy. Calculate the Caloric content from each nutrient, then determine the total Calories per serving.

    _____ grams of carbohydrate x 4 Calories/gram =   _____Carb Calories

    _____ grams of protein x 4 Calories/gram =   _____ Protein Calories

    _____ grams of fat x 9 Calories/gram =   _____ Fat Calories

    _____ Total Calories

3. How does this match up with the total number of Calories per serving listed on the Panera nutrition information?

4. Now calculate the percent of Calories coming from each of the energy nutrients for a serving of this food. Use the Calories from the above calculations. Note that the sum of the percentages from carbohydrates, protein and fat should add up to approximately 100%.

$\dfrac{\text{Carb Calories}}{\text{Total Calories}}$ x 100 = _____% of Calories from carbs

Show work:

$\dfrac{\text{Protein Calories}}{\text{Total Calories}}$ x 100 = _____% of Calories from protein

Show work:

$\dfrac{\text{Fat Calories}}{\text{Total Calories}}$ x 100 = _____% of Calories from fat

Show work:

5. Which type of macromolecule did you consume the most of?

6. Carbohydrates include sugars. Many marathon runners "carb load" the night before a race. Think about what you have learned about sugars. Why would a marathon runner do this?

7. What are some examples of foods that are high in carbohydrates?

8. What are some examples of foods that are high in lipids?

9. What are some examples of foods that are high in protein?