

# How does this impact your food choices?

<https://www.youtube.com/watch?v=8V15Z-yyiVg>

## Stations

1. Chemical Reactions
2. Proteins Synthesis
3. Protein Content
4. Nucleic Acid
5. Carbohydrates
6. Lipids

Provide An Example!

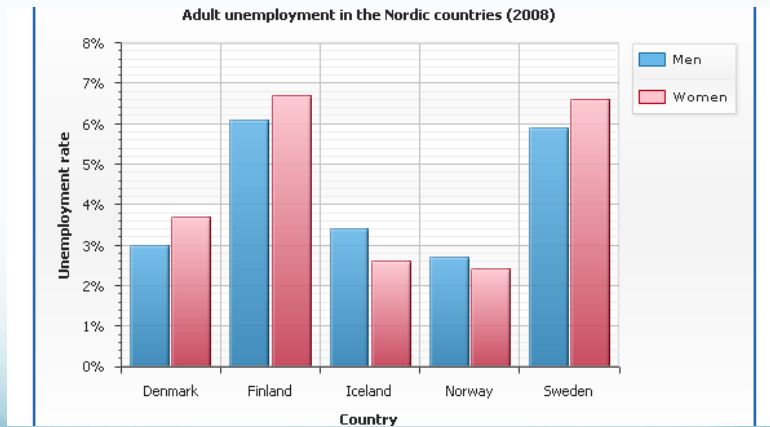
## Debrief Stations:

- What is the main process or concept from each station?

## Sample Data Table

Grams (g)	Breakfast	Lunch	Dinner	Snacks	Total (g)
Carbs					
a. Fiber					
b. Sugar					
Fat					
a. Saturat ed					
b. Non-saturat ed					
c. Trans					
Protein					

## Sample Bar Graph



## Take Away Task

- Inquiry Project – You are what you eat
  - Due Tuesday, October 3<sup>rd</sup>
  - Be ready to share in groups your conclusions and communicate how the body maintains balance blood sugar levels.