

Name _____
 Food Science, _____ 22 points

PROTEIN AND LIPID ANALYSIS OF PROTEIN SOURCES

Analyze the Comparison of Nutritional Information Chart of meat sources of protein (see online chart)
 Fill in the columns below with the correct information from the chart.

Nutrient	Food with the Greatest Amount of Particular Nutrient	Food with the Least Amount of Particular Nutrient
Protein		
Calories		
Cholesterol		
Total Fat		
Saturated Fat		
Monounsaturated Fat		
Polyunsaturated Fat		

Use classroom resources such as the iPads, laptops, and mobile devices to complete the following chart using the serving size of 3.5 oz (100 g).

Serving Size 3.5 oz (100 g)	Ground Beef	Ground Turkey	Deer	Soy crumbles	Salmon
Protein					
Calories					
Sodium					
Cholesterol					
Total Fat					
Saturated Fat					
Monounsaturated Fat					
Polyunsaturated Fat					

From this second set of products, fill in the information below.

Nutrient	Food with the Greatest Amount of Particular Nutrient	Food with the Least Amount of Particular Nutrient
Protein		
Calories		
Cholesterol		
Total Fat		
Saturated Fat		
Monounsaturated Fat		
Polyunsaturated Fat		

QUESTIONS:

1. Which of the meats listed on the Comparison of Nutritional Information Chart and from the second set of meat/protein products do you eat the most often?

2. Of all the meats/protein sources used in this assignment, which type of meat(s)/protein sources would be the healthiest to include in your diet? Explain your answer.
3. Which of the meats listed on the Comparison of Nutritional Information Chart might be found in a heart patient's diet? (HINT: Look at the saturated fats and cholesterol.) Explain your answer.

SOCIAL AND HEALTH ISSUES

Social and health issues help determine food selection in all parts of the world. Research and answer the following questions.

1. Why is it important to consider new food sources of protein?
2. Why is it important to consider short-term and long-term consequences of eating these protein sources?
3. Why are some of these foods healthier sources of protein than beef?
4. Why are lipids important? Why should all fats not be excluded from a person's diet?
5. Why are some of these protein sources more widely used in some parts of this country (or world)?