

ANALYSIS OF A NUTRITIOUS SALAD

Unit members _____ Period ____ Assign #

Directions: As a unit list the ingredients you put into your salad. Write down which nutrients each ingredient was high in and which nutrients each ingredient was low in. Answer questions to analyze your salad.

| INGREDIENT | HIGH IN | LOW IN |
|------------|---------|--------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |

Answer the following questions:

1. What was the main ingredient of the salad?
2. What nutritive value did it contribute?
2. Which added ingredients from your salad makes the most nutritious salad.