

NUTRIENT IDENTIFICATION

Using the following tables, make 3"x5" cards for students to use to identify the ingredients found in recipes and/or for the SALAD BAR lab experience. NOTE: this page could be copied onto card stock and cut apart.

Nutrient Identification

FOOD: Amount Vitamin A _____ IU Vitamin C _____ mg Thiamine _____ mg Niacin _____ mg Riboflavin _____ mg	Fiber _____ mg Calcium _____ mg Iron _____ mg Phosphorus _____ mg Potassium _____ mg Water _____ %
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