**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Protein Food Comparison**

**Instructions***:* Hypothesize which is going to be the healthier option. Discuss and explain why you chose that option.

**Hypothesis:**

Explanation:

**PROTEIN**

|  |
| --- |
| *What’s a hypothesis?**A supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigation.* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 Thick Cut Boneless Pork Chop | $1.41 |  9 g | 3 g | 520 mg. |
| 1 Tbsp. Oil | .06 cents | 14 g | 1 g | 0 mg. |
| 1/4 Medium Onion, chopped | .11 cents | 0 g | 0 g | 0 mg.  |
| 1 stalks Celery, sliced | .17 cents | 0 g | 0 g | 0 mg. |
| 1 c. Bean Sprouts | .56 cents | 0 g | 0 g | 60 mg. |
| 2 Tbsp. Soy Sauce | .12 cents | 0 g | 0 g | 1800/2T. |
| 1 Tbsp. Corn Starch | .02 | 0 g | 0 g | 0 mg. |
| 1 Tbsp. Brown Sugar | .02 | 0 g | 0 g | 0 mg. |
| 1 c. Chow Mein Noodles | .26 cents | 12 g | 4 g | 520 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**COMPARISON AND CRITIQUE**

*Instructions: Taste test each quick bread and convenience food. Compare and critique each one based on taste/texture/flavor and nutritional value and cost comparison.*

*The nutrition label cost/unit pricing will be provided by each food.*

For the Taste/Texture/Flavor: grade the food product on a scale of 1-5 (1 is low, 5 is high)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Taste (1-5)** | **Cost per serving** | **Calories** | **Total Fat** | **Saturated Fat** | **Sodium** |
| Chow Mein from Scratch: |  |  |  |  |  |  |
| Convenience Chow Mein: |  |  |  |  |  |  |

**Analysis**

*Instructions: Now that you have rated which foods you prefer (“from scratch” or “convenience food”), collected nutritional data and compared costs, answer the following questions in complete sentences:*

1-Did you find that sodium levels were higher in “from scratch” foods or “convenience” foods? Explain your reasoning.

2-What could be the advantages of cooking chow mein from scratch vs. buying the same product as a convenience food (ready made)?

3-What could be the disadvantages of chow mein from scratch vs. buying it as a convenience food?

4-Using the data you collected, which foods did you find were generally more nutritious (from scratch or convenience food)? Why? Explain your reasoning.

5-Overall which is healthier?: from scratch or the convenience food.