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

**High-Fat vs. Low-Fat Food Comparison**

*Instructions:* Hypothesize which is going to taste better – the regular fat or low-fat version. Discuss and explain why you chose that option.

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

**Hypothesis:**

Explanation:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Regular Fat Cake | | | | |
| Ingredient | Cost | Total Fat | Saturated Fat | Sodium |
| 1 Cake Mix | $1.25 | 20 g | 10 g | 3200 mg. |
| 1/2 c. Oil | .44 cents | 112 g | 8 g | 0 mg. |
| 3 Eggs | .57 cents | 15 g | 4.5 g. | 150 mg. |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving | | |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Low Fat Cake | | | | |
| Ingredient | Cost | Total Fat | Saturated Fat | Sodium |
| 1 Cake Mix | $1.25 | 20 g | 10 g | 3200 mg. |
| 1/2 c. Applesauce | .29 cents | 0 g | 0 g | 10 mg. |
| 3 Egg Whites | .57 cents | 1 g | 0 g | 3455 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving | | |  |

**FAT AND LOWFAT 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.*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Taste (1-5)** | **Cost per serving** | **Calories** | **Total Fat** | **Saturated Fat** | **Sodium** |
| Regular Fat Cake: |  |  |  |  |  |  |
| Low Fat Cake: |  |  |  |  |  |  |

**Analysis**

*Instructions: Now that you have rated which foods you prefer (“regular fat” or “low-fat”), collected nutritional data and compared costs, answer the following questions in complete sentences:*

1-If you didn’t have the regular fat version, only the low-fat version would you still think the rolls tasted good? Explain your reasoning.

2-Would using lower fat versions of foods be worth it if it prolonged your life or prevented diseases like heart disease or diabetes?