

7th Grade Science

Home School Assignment August 7

Track your meals for a day noting the total calories, carbohydrates, fat, and protein of each item.

8/7	Breakfast	Lunch	Dinner
Total Calories			
Carbohydrates			
Fats			
Protein			

Calculate what percentage of carbohydrates, fats, and proteins made up in calories for each meal. If all calories are not accounted for, provide a hypothesis to explain why.

Hint: 1 gram of carbohydrates = 4 calories
 1 gram of fat = 9 calories
 1 gram of protein = 4 calories