

Regents Biology

Name _____

Breakfast Cereal Lab

1. Select four different cereal boxes. Make sure that you have a variety of cereals, but you may pick any four that you want. Write down the names of the cereals:

Cereal #1 _____

Cereal #2 _____

Cereal #3 _____

Cereal #4 _____

2. On each box, find the section labeled "Nutrition Facts." We will use this information to find out which cereal is the best for you.

3. For each cereal, record the **serving size in grams**.

Cereal #1	Cereal #2	Cereal #3	Cereal #4

4. Record the **number of calories** per serving of each cereal. (MAKE SURE YOU READ THE COLUMN LISTING THE INFORMATION FOR THE CEREAL ALONE, **NOT** THE CEREAL WITH MILK.) Calories tell how much energy is in the cereal.

Cereal #1	Cereal #2	Cereal #3	Cereal #4

5. Record **grams of total fat** per serving. Fat is stored by the body for energy.

Cereal #1	Cereal #2	Cereal #3	Cereal #4

6. Record the **milligrams of sodium** per serving. Too much sodium leads to high blood pressure, strokes, and heart attacks.

Cereal #1	Cereal #2	Cereal #3	Cereal #4

7. There are different types of carbohydrates: **Sugar** is used for energy, but causes cavities in your teeth. **Other Carbohydrates** are also used for energy, and do not cause tooth decay. **Dietary fiber** helps to “keep you regular.” Fill in the chart below with the **grams of each**. (If Dietary Fiber is not listed, assume there are 0 grams.)

Total Carbohydrate	Sugar	Dietary Fiber	Other Carbohydrate
#1			
#2			
#3			
#4			

8. Vitamins are an important part of every diet. On food labels they are listed according to what percentage of your daily needed amount is in the food. Fill in the table with the **percentages of the vitamins** listed. (If a certain vitamin is not listed, assume that 0% is in the food.)

Vitamin A	B ₆	C	D	Niacin	Thiamin	Riboflavin
#1						
#2						
#3						
#4						

9. Minerals are needed to help the body to work properly. They are also listed by percents. Fill in the table with the **percentages of minerals** listed.

Calcium	Iron	Phosphorus	Magnesium	Zinc	Copper
#1					
#2					
#3					
#4					

10. Return the cereal boxes to the front of the room, and answer the questions on the next page.

Questions:

1. Based on the fact that most of us need very little Fat and Sodium, which cereal would you say is:

- a. the worst
- b. the best

2. Based on the fact that you need carbohydrates, but should avoid excess sugar; which cereal would you classify as:

- a. the worst
- b. the best

3. Looking at the vitamins listed, which cereal overall gives you:

- a. the most vitamins
- b. the least vitamins

4. Looking at the minerals listed, which cereal overall gives you:

- a. the most minerals
- b. the least minerals

5. Looking at all of the data that you gathered in this lab, which cereal would you classify as:

- a. the best overall cereal
- b. the worst overall cereal

6. Look through the other boxes of cereal. Find a cereal (**other than the four that you have already studied**) that you would call:

- a. a better-than-average cereal
- b. a worse-than-average cereal
- c. a cereal generally considered healthy, that has many bad qualities
- d. a cereal generally considered bad, that has many good qualities
- e. your favorite cereal!