

Team Members' Names: _____

Recorder's Name: _____

PRODUCT ANALYSIS

Come get a mystery food product from me. Discuss the food product provided to your group. Then, answer the following questions. Make sure answers to each question reflect the opinions of all team members.

1. What is your food product?

2. How many calories *per serving* does it contain?

3. What is one serving size of this product?

4. How many servings would you realistically eat of this product in one sitting (ie what is an actual portion size)?

5. How many calories from fat does your product contain?

What percentage is this?

Is this high or low?

6. Considering the overall calorie count of a *portion*, is the calorie number high or low based on a 2000 calorie diet?

5. Fiber is not considered in the total calorie count of a food product. Why is this so?

5. Should this product be included in a healthy diet? Why or why not? (Make sure to look at other items on the label to help you determine this)