

**Food Chemistry:
Student Self-Assessment**

Name: _____

Date: _____

1. What have you learned from doing the activities in the *Food Chemistry* unit that you think is important?

2. How well do you think you and your partner(s) worked together? Give some examples.

3. Identify the activities in the unit that you particularly enjoyed. Explain why you liked them.

4. Were there any activities in the unit that you did not understand or that confused you? Explain your answer.

5. Take another look at your record sheets and your science notebook. Describe how well you think you recorded your observations and ideas.

6. How do you feel about science? (Circle the words that apply to you.)
 - a. Interested
 - b. Bored
 - c. Nervous
 - d. Excited
 - e. Confused
 - f. Successful
 - g. Write down one word of your own _____

Figure 1

Sample Food Labels

Label A		Label B		Label C	
NUTRITION INFORMATION		NUTRITION INFORMATION		NUTRITION INFORMATION	
Serving Size: 1 oz (28.4 g, about 1 cup)		Serving Size: 2 tbsps. (32 g)		Serving Size 1 oz	
Servings per Package: 15		Servings per Container 15		Servings per Container 8	
Per Serving:		Per Serving:		Per Serving:	
Calories	110	Calories	190	Calories	140
Protein	2 g	Protein	9 g	Protein	2 g
Carbohydrate	25 g	Carbohydrate	6 g	Carbohydrate	17 g
Fat, Total	1 g	Fat	16 g	Fat	8 g
Unsaturated	1 g	% of Calories from Fat	73	Polyunsaturated	4 g
Saturated	0 g	Polyunsaturated	5 g	Saturated	1 g
Cholesterol	0 g	Saturated	3 g	Cholesterol	0 mg
Sodium	125 mg	Cholesterol (0 mg/100g)	0 mg	Sodium	240 mg
Potassium	30 mg	Sodium	150 mg	Potassium	55 mg
Percentage of U.S. Recommended Daily Allowances (U.S. RDA)		Percentage of U. S. Recommended Daily Allowance (U.S. RDA)		Percentage of the U. S. Recommended Daily Allowance (U.S. RDA)	
Protein	2	Protein	15	Protein	2
Vitamin A	15	Vitamin A	*	Vitamin A	*
Vitamin C	100	Vitamin C	*	Vitamin C	*
Thiamin	25	Thiamine	*	Thiamine	2
Riboflavin	25	Riboflavin	*	Riboflavin	2
Niacin	25	Niacin	20	Niacin	2
Calcium	*	Calcium	*	Calcium	4
Iron	25	Iron	2	Iron	2
Vitamin D	10	*Contains less than 2% of the U.S. RDA of these nutrients.		*Contains less than 2% of the U.S. RDA of this nutrient.	
Vitamin B ₆	25	Ingredients: Peanuts and Salt		Ingredients: Corn, Vegetable Oil (Corn Oil and Partially Hydrogenated Cottonseed and Soybean Oils with THBQ to Preserve Freshness), Modified Food Starch, Salt, Dehydrated Cheddar, Romano and Parmesan Cheeses, (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Dehydrated Tomato, Monosodium Glutamate, Dehydrated Onion & Garlic, Maltodextrin, Mono- & Diglycerides, Artificial Colors, Buttermilk, Dehydrated Cream, Disodium Phosphate, Disodium Inosinate and Disodium Guanylate, Extractives of Annatto, Paprika and Turmeric, Citric Acid, Spice.	
Folic Acid	25				
Phosphorus	2				
Magnesium	2				
Zinc	25				
Copper	2				
*Contains less than 2% of the U.S. RDA of this nutrient.					
Ingredients: Corn, Wheat, and Oat Flour; Sugar; Partially Hydrogenated Vegetable Oil; Salt, Yellow #6, Turmeric Color; Red #40; Natural Orange, Lemon, and Cherry and Other Natural Flavorings; Blue #1;					
Vitamins and Minerals: Vitamin C (Sodium Ascorbate and Ascorbic Acid); Niacinamide; Zinc (Oxide); Iron; Vitamin B ₆ (Pyridoxine Hydrochloride); Vitamin B ₂ (Riboflavin); Vitamin A; Vitamin B ₁ (Thiamin Hydrochloride); Folic Acid; and Vitamin D.					

Food Chemistry: Observations of Student Performance

STUDENT'S NAME:	
Concepts	Observations
<ul style="list-style-type: none">• Foods contain starches, sugars, fats, and/or proteins.• Specific chemical and physical tests can be used to determine whether a food contains starches, glucose, fats, or proteins.• Iodine can be used to test for starches, glucose test paper for glucose, brown paper for fats, and Coomassie blue for proteins.• Varying amounts of starches, glucose, fats, and proteins are found in foods.• Starches and sugars are carbohydrates.• Glucose is one kind of sugar.• Carbohydrates, fats, proteins, water, vitamins, and minerals are nutrients.• Nutrients are essential to human health.	
Skills	
<ul style="list-style-type: none">• Learning to perform four chemical and physical tests to identify the presence or absence of nutrients in foods.• Predicting the nutrient content of foods.• Conducting independent research on nutrients.• Observing, recording, and organizing test results.• Interpreting a range of test results to draw conclusions about the kinds and amounts of nutrients in foods.• Developing laboratory techniques to avoid contamination of the test samples.• Communicating results in writing and through discussion.• Reflecting on experiences in writing and through discussion.• Applying previously learned concepts and skills to solve a problem.	