

## Calorie Counting Lab

**Purpose:** To determine the amount of calories consumed when ingesting food items with real and empty calories.

**Hypothesis:** After listing calorie amounts on data table, I should be able to determine the % of calories consumed in relation to the daily intake allotment

Male: 2200 calories

Female: 1500 calories

**Materials:** Food items, snack foods, empty calories drinks, plates, cups, napkins

**Procedure:** List all the food items with serving portions and calorie totals. Add all food items together for a total calorie count. Compare this amount to the total daily intake, and calculate the percentage of foods consumed today.

**Data:** Attach the data sheet here

**Conclusion:** Given the information collected during this lab, how will I view my eating habits during the holidays?

What can a person do to keep body fat a weight gain to a minimum during the holidays?

What percentage of the foods consumed today would be considered empty calories?