

York College
The City University of New York
School of Health Sciences & Professional Programs
Department of Health & Human Performance
HE 314 Nutrition and Health

Homework Assignment #3. The Quality of Carbohydrate in a food label, 24-hour dietary recall, and case study.

The purposes of Homework Assignment #3 are as follows:

1. Discuss and explain the quality of carbohydrates in a food label, and in the 24-hour dietary recall entry based on the definition of “quality” discussed in the textbook and dietary guidelines.
2. How to calculate %Daily Value (%DV) of Dietary Fibers? %DV of total carbohydrates? %DV of Added Sugars, and Total Sugars (if calculation is applicable)? And explain what does %DV represents in terms of examining the quality of carbohydrates?
3. Discuss and explain the quality of carbohydrates and nutrients found in White Rice and Brown Rice?

Grading Criteria.

Weekly Homework Assignment Grading Rubric	Grade
Students completed <u>all</u> components of the task accurately and clearly. Substantive responses posted.	9 to 10
Student completed <u>some</u> of the task correctly but did not communicate his or her ideas clearly and/or did not post a substantive response.	3 to 8
Student’s post was irrelevant, unclear, unedited or student did not respond with anything of value. Student missed the submission date.	0 to 2
Student Reflection	Grade
Reflection entry is thoughtful, carefully written, and demonstrates self-reflection with regard to the topic.	5
Reflection entry is thoughtful, carefully written, and generally demonstrates self-reflection with regard to the topic.	4 to 3
Reflection entry shows lapses in care and depth of understanding the task at hand.	2 to 1
Reflection entry is not thoughtfully written and does not suggest that the subject has been taken seriously.	0

Question #1.

The figure below is a nutritional fact label of a Puff Pastry product. **Include all appropriate units and details when answering the questions below.**

Nutrition Facts			
Serving Size 1/6 Sheet (41g / 1.5oz)			
Servings Per Container 12			
Amount Per Serving			
Calories 160 Calories from Fat 90			
% Daily Value*			
Total Fat	10g		15%
Saturated Fat	5g		25%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	16g		32%
Dietary Fiber	1g		2%
Sugars	1g		
Protein	3g		
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 6%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. Discuss and explain the Food Label. **You must write in paragraphs that includes the following information.**
 - a. Identify if the label is an old or current version.
 - b. Discuss Serving Information.
 - c. Discuss Calories of this product. (Do not need to calculate the calories from macronutrients energy carriers).
 - d. Explain what % Daily Value means for all nutrients. (specify DV% for energy requirements or DV% for nutrient requirements?)
 - e. Explain why some nutrients do not have % Daily Value based on the federal guidelines.
2. Calculate the %DV of Dietary Fiber of this product? Explain what the results means in accord to the textbook reading and dietary guidelines? Show solution.
3. Calculate the %DV of Total Carbohydrate of this product? Explain what the results means the textbook reading and dietary guidelines? Show solution.
4. Calculate how much calories from carbohydrates does this product contain if a person consumes one serving? And two servings? Show solution.

Question #2. Fill out a 24-hour dietary recall and answer the following questions.

Read the following:

- A. The 24-hour dietary recall for homework #3 should be a new entry. **Do not recycle and use the previous 24-hour dietary recall from previous homeworks for it will lower your earned points.**
- B. Filling out a 24-hour dietary recall. Visit this website: <https://asa24.nci.nih.gov/demo/> and select "Launch Demo ASA24-2020. (It is free and no registration needed. If there is an issue, where the website asks you for username/password, you can either refresh your screen or reopen a new web browser and click the link again). Make sure to select English and then follow the prompt.
- C. **When you completed your 24-hour dietary recall, save the file as pdf with file name: "Last name_First name_HW 3 24-hour dietary recall" When you are about to submit Homework #3, make sure two files are attached. (Answers to HW and PDF of your 24-hour dietary recall.)**
- D. Ensure that you are filling-out the 24-hour dietary recall as accurate and detailed as possible based on your 24-hour food/beverages consumption. A good example of completed 24-hour dietary recall is found in the Homework Folder. If the 24-hour dietary recall entries lack consistency and information, answering the questions related to your 24-hour dietary recall could be difficult.

Here are the questions:

1. Examine and compare your 24-hour dietary recall entries from homework assignment #2 and homework assignment #3. Explain if there are any changes or no changes made during both entries.
2. Describe and explain the "quality" of your consumption of carbohydrates and fibers? Explain what "quality" of consumption of carbohydrates and fibers based on the definition of "quality" discussed in the required textbook reading, chapter 4?

Question #3. Case-Study.

Barbara have read articles on healthful eating and considering changing her quality of carbohydrate source from pasta to other better product. Barbara is considering buying a bag of white rice or brown rice.

From the readings in chapter 4, discuss and explain the quality of carbohydrates and nutrients found in white rice and brown rice?

Student Reflection.

Now that you have completed the activities in Module #4, in concise, well-planned sentences, answer the questions below:

1. In your own words, list at least 3 of the most significant (central, useful, meaningful, or surprising) information that you have learned during this module.
2. Discuss your experience after the second time completing a 24-hour dietary recall? What are some challenges you experienced and some factors that may affect the validity and reliability of your report? Explain how the challenges you have experienced are more or much less compared to the first time completing a 24-hour dietary recall?
3. Is there anything that you did not understand in this module? And explain which approach you will take to fill the gap of understanding?