

What's in my lunch?

Initial post due by 9/06 at 11:59pm / Reply due by Friday 9/6 at 11:59pm

Overview

The food we eat contains a variety of molecules including carbohydrates, lipids, proteins, and nucleic acids. The nutrition label or nutrition facts on food packaging tells us some information about the types of molecules found in food we eat. **For this discussion board assignment you'll need to find one packaged food item in your home with a nutrition label for you to analyze.** This is a **graded discussion assignment worth 5 points.**

Please include the answers to the following questions in your initial reply to the discussion. When you are ready to post, click "Reply" below. If you need more assistance about how to use the Discussions tool on Canvas, check out this [tutorial](#).

1. What is the nutrition food label that you are analyzing?
2. Locate the information about carbohydrates on your label. How many grams of "dietary fiber" and "sugars" does your food item have? Based on what you know about the food item, was this expected or unexpected (please explain why)?
3. Locate the information about protein on your label. Does your food item have any protein? Based on what you know about the food item, was this expected or unexpected (please explain why)?

Reply (Due by Friday 9/6 at 11:59pm)

Reply to one of your classmate's posts and include the following in your reply. If possible, please choose a classmate who has not yet received a reply.

1. What was something unexpected you learned about your classmate's food item?
2. Predict whether you think your classmate's food item would have had any fat (lipids). Explain your reasoning.

