

# Nutrition worksheet analysis essay



**ASSIGN  
BUSTER**

Nutrition Worksheet In order to obtain optimal health, it is critical to eat a healthy and balanced diet. Becoming knowledgeable about how to evaluate the nutritional value of what you eat may greatly increase your ability to improve your health and wellness. In this two-part worksheet, you critique a recipe for nutritional value and respond to two short answer questions about nutrition. Completing this assignment is a step towards gaining the knowledge needed to better manage your nutrition.

Part 1: Critique a Meal For this part of the assignment, you critique the nutritional value of a meal. You will select this meal from the USDA website. Follow the instructions below:

- Access the USDA Recipe Finder search tool at <http://recipefinder.nal.usda.gov/>

(either click on or paste the above link in your internet's address bar)

- Search for a recipe using one of the available criteria:
  - o Type in ingredients;
  - o Type in a recipe name, or;
  - o Choose options from the available categories
- Select a recipe to critique from the generated results. Review the nutritional information provided for the recipe you selected or added and answer the questions below.

1. What is the name of the recipe you are evaluating?

5 A Day Salad

2. Which essential nutrients—carbohydrates, fats, proteins, vitamins, and minerals—are included in the recipe?

Carbohydrates - 23 g and 8 % Daily Value  
Dietary Fiber - 8 g and 32 % Daily Value  
Sugars - 12 g  
Total Fat - 1 g and 2% Daily Value  
Saturated Fat - 0 g and 0 % Daily Value  
Trans Fat - 0 g  
Protein - 6 g  
Cholesterol - 0 mg and 0 %  
Sodium - 100 mg and 4 %  
Vitamin A - 420 %  
Vitamin C - 280 %  
Calcium - 10 %  
Iron - 15 %

3. Which ingredients are

providing each nutrient  
Vitamins – Spinach, Green Peppers, Cherry Tomatoes, Broccoli, Cauliflower, Yellow Squash, Cucumber, Carrot, Zucchini  
4. Does this recipe include a good balance of essential nutrients? Explain your answer....