



SECTION 3: MEASURING CALORIES

LAB

INTRODUCTION

Junk foods contain a high number of calories due to fats or sugars, but almost no other nutrients. Our bodies fill up, without acquiring enough nutrients to stay healthy. The extra fats are stored in our bodies, causing weight gain.

Calories: The units used to measure the amount of energy in food supplies.

Physical calorie: The amount of heat necessary to raise the temperature of 1 gram of water 1 degree Celsius.

Dietary Calorie: Equal to 1,000 physical calories.

Energy: Usable power or heat.

ASSESSMENT ANCHORS ADDRESSED

S4.B.1.1 Identify and describe similarities and differences between living things and their life processes.

PURPOSE

In this lab students will study how many calories are in the foods they eat and how calories are used in the body.

MATERIALS

For the class:

1 can with water	1 peanut
Centigrade thermometer	Pyrex cup
Tongs	Matches
Pencil and eraser*	Paper clip*
Timer*	

*Teacher provides items marked with **