

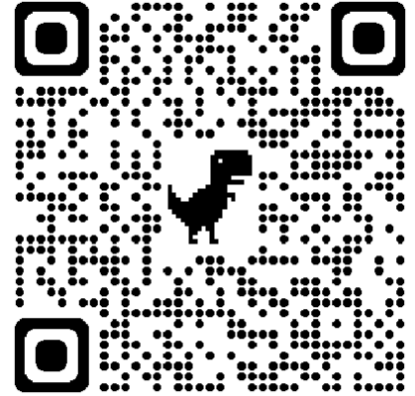
Name:

Food Science, 11 pt

FIBER FRENZY

Statistics show that in the age group of 14-18 years old, only 4% are getting enough fiber in their diets. Write down at least 8 foods you've eaten within the last 24-48 hours; if you don't have 8 different foods from the last few days, write down foods you commonly eat. Using the MyFitnessPal app on the iPads, look up the food items and determine if the food is a poor, moderate, or good source of fiber based on the nutrition facts.

4 pt



[Place an X in the appropriate column]

Food Item	Grams of Fiber	Poor: 0-2 g	Moderate: 3 - 4 g	Good: 5 g and more
1				
2				
3				
4				
5				
6				
7				
8				

Based on your items listed above, respond to the following in complete sentences.

1. Analyze your fiber intake. What foods are you **currently** eating that are high in fiber? Were there any foods that you thought were higher in fiber but weren't in actuality? 2 pt

Read [Mayo Clinic's article on Dietary Fiber](#) to answer the following questions:

2. What **two** other terms are used to describe indigestible carbohydrates (fiber)? 1 pt
3. Provide at least **two** reasons as to **why** having a high fiber diet is so important. 2 pt
4. How can you **improve your diet** to include more fiber? Use online resources and apps to find high-fiber foods you can include in your diet. Be realistic—write about the foods you would actually eat. 2 pt