

Name _____ Teacher _____ Date _____

2.2: Food Labels Worksheet

Food labels can tell us a lot about the molecules in the cells of the organisms that they come from—especially large organic molecules. You can analyze different kinds of organisms by studying the handout [2.2 Food Label Cards](#). This handout shows how many grams of different materials are in 100 g of each food. Follow these steps to fill out the table below:

1. Fill in the kind of organism that the food comes from (animal, plant, or decomposer).
2. Find the mass in grams of main organic materials in the food: carbohydrates, fats, and proteins.
3. Remember that the total mass of vitamins and minerals is less than 1 gram.
4. Calculate the amount of water by subtracting the mass of the organic materials from the total mass (100 g).
5. Find the amount of chemical energy (calories) in that food.

	FOOD NAME	Kind of organism it comes from	Organic materials			Water (grams)	Chemical energy (calories)
			Fat (grams)	Carbohydrates (grams)	Protein (grams)		
1	beef						
2	carrots						
3	celery						
4	mushrooms						
5	spinach						
6	peanuts						

Compare the organic materials in beef (cow muscle) with the organic materials in carrots (plant roots), celery (plant leaf stems), and spinach (plant leaves). What are the differences in the kinds and amounts of organic materials in animals vs. plants?
