

# Developing Assignments for FoodFocus

A Portion of the Presentation  
“Nutrition Education”  
for the  
CTS Conference at  
Jasper Place High School, Edmonton, AB  
May 9, 2009

- Viola & Dan Prowse  
FoodFocus  
Software for Nutritional Analysis  
in Education

Winnipeg 204-453-6060

[www.foodfocus.com](http://www.foodfocus.com)



# Structuring Assignments using FoodFocus

- HELP information
- Comparing one nutrient in a group of foods (per 100 g)
- More than one nutrient for one food (standard quantities)
- Analysis of more than one food
- Sorting a food list
- Changing quantities in a food list.

# Help Information



- Q. *Why is fibre important?*

Use: HELP/ NUTRIENTS/ FIBRE

- Q. *How much energy do you use jogging for an hour?*

Use: HELP/ EXERCISE

# Help Information

- Q. *If I am 5'10" and weigh 170 pounds, what is my Body Mass Index and what is its significance?*

Use **HELP/ BODY MASS INDEX**

- A. BMI = 24 and recommended range is 20 - 25.



# Comparing One Nutrient in a Group of Foods\*

- Q. *What breakfast cereals have the most fibre?*

Use

- FOOD BY TYPE/ BREADS,CEREALS/ BREAKFAST CEREALS
- SORT/ by FIBRE

- A. Fibre First, All Bran Buds, Toasted Wheat Bran, 100% Bran, All Bran

(Note - lower corner shows nutrient content 43g. Fibre/100g. Of Fibre First)

\*Per 100 g

# Comparing One Nutrient in a Group of Foods\*

Similarly

- Q. *What is the range of sodium in bran cereals?*

Use

- ⇒ Search “bran cereal”
- ⇒ SORT/ by MINERALS/ SODIUM

- A. Fibre First 963 mg./100g.  
Oat bran - 0.3 mg./100g.

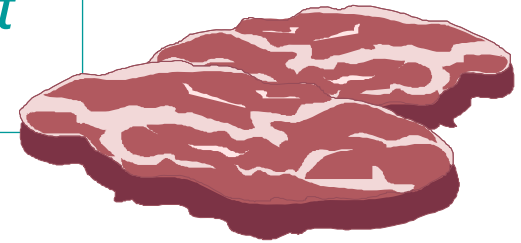


\*Per 100 g

# Comparing One Nutrient in a Group of Foods\*

Similarly

- Q. *What is the range of fat in beef?*



Use

- ⇒ FOOD BY TYPE/ MEAT, POULTRY.../ BEEF
- ⇒ SORT/ by FAT/ TOTAL FAT

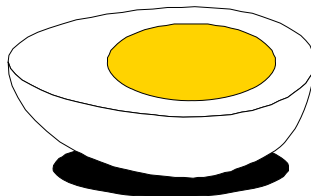
- A. Chuck, short ribs – 35.1g./100g.  
Inside round steak - 2.5 g./100g.

\*Per 100 g

# More than One Nutrient for One Food\*

## Steps

- Q. *How many grams of protein and fat are there in one large poached chicken egg?*



- FOOD BY TYPE/ Eggs
- Select Poached egg
- Show Nutrient Data
- 1 large egg/ Scientific units

A. 6.3 g. protein,  
5.0 g. fat

\*Standard Quantities



# More than One Nutrient for One Food\*

## Similarly

- Q. *What % of calories in one large poached egg are from protein?*  
A. 14%
- Q. *What % of the daily DRI for Vitamin C in one orange (7.3 cm)?*  
A. 131%

## Steps

- FOOD BY TYPE
- Select Item
- Show Nutrient Data
- % Daily DRI

(Note - use default DRIs for adult female or change setting under PEOPLE)

\*Standard Quantities

# Analysis of More than One Food

- Q. *How do following foods compare to the DRIs for a pregnant 18-year-old (first trimester)?*

*1 cup Bran Flakes 3.5 cups skim milk etc.*

- S**  
**t**  
**e**  
**p**  
**s**
- ⇒ Select PEOPLE, enter one 18 yr.old female,
  - ⇒ PREGNANT 1 - 3 months, sedentary
  - ⇒ FOOD BY TYPE/ BREAD, CEREALS/ BREAKFAST CEREALS
  - ⇒ Select Bran Flakes, Enter 1 cup, ADD TO FOOD LIST
  - ⇒ View Analysis Results

- Similarly
- Q. *Consider the following shopping list for a family of 4 for a week. (Parents mid 30s, girl 12, boy 10).*

# Sorting Food List

- Q. Which provides the most vitamin C?

- 1/2 cup applesauce 12.9 mg
- 1/4 cup coleslaw 10.5 mg
- one boiled potato 10.0 mg
- 1 cup orange sherbet 9.0 mg

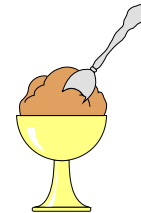
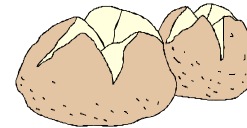
## Steps

- ▲ Load all foods into food list
- ▲ SORT/ VITAMINS

Similarly

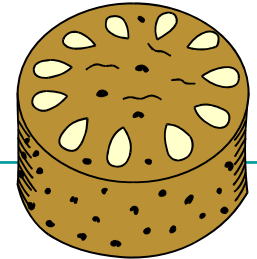
- Q. Which of the following foods are the least expensive?

- ▲ Sort by Cost



# Changing Quantities in a Food List

- Q. *How to modify a carrot cake recipe so the % of calories from fat are less than 30% (substituting applesauce for oil)*



S  
T  
E  
P  
S

- Load carrot cake recipe from file.  
FILE/ LOAD FROM FILE/ FOOD LIST
- SORT/ by FAT/ TOTAL FAT
- Add applesauce
- Reduce oil (use - key) or remove (Delete key)

Similarly ■ Q. *How would you modify your food recall to meet DRIs?*

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