

# Lesson Plan

TEACHER COPY

## Searching and More

Alternative ways to explore nutrients

### CURRICULUM EXPECTATIONS

Determine the nutritional value of a variety of foods (e.g., fast food, fad diets, snack foods...) using Canada's Food Guide and other resources.

### OBJECTIVES:

Students with little previous exposure to FoodFocus will:

- A. Select groups of foods using "by Search", "by Nutrient" capabilities of FoodFocus.
- B. Explore nutrient recommendations, Help displays and BMI calculations in FoodFocus.
- C. Explore FoodFocus program preferences for number of foods and language.
- D. Complete a questionnaire.

### RESOURCES:

Print Materials:

- Teacher Answer Sheet
- Student Handouts

Software:

- FoodFocus software for nutrition education version 3.5



### PROCEDURES/ACTIVITIES:

#### A. Student Questionnaire

1. Review the FoodFocus software and how to start the program. This lesson assumes that students have already completed the "One Food At a Time" lesson and have some familiarity with FoodFocus.
2. Students complete the student questionnaire.

#### B. Evaluation

1. Students mark their completed questionnaire using answers provided with the teacher version of the questionnaire.
2. Review with students any problems they experienced.

## **WRAP-UP/HOMEWORK:**

None

## **EXTENSION/ALTERNATIVE ACTIVITIES:**

If students have additional time, encourage students to examine alternative food choices for some of their typical meals.

# Searching and More

Alternative ways to explore nutrients

## Teacher Answer Sheet

**Start the FoodFocus program using the Start|Programs menu on your computer or select the FoodFocus icon on your desktop.**



1. Which of the following foods contain the most fat per 100 grams? Find the answer using only Search and Sort capabilities.
- a) baked potato (flesh & skin)   b) potato salad   c) potato pancakes   d) potato chips (plain)  
e) sweet potato (baked)

Hint:

- A. Select by Search. Enter “potato” as a keyword. Click on “Start Search” to get a list of foods.
- B. On the “Resorted by Food Name” window, click on the “Sort | by Fat | by Fat (Total)” menu option. (Do **not** chose ‘Sort’ on the FoodFocus main window as that will close the window with the list of foods and you will have to start over.)
- C. Click on the food names in the list and, in the lower right hand corner of the window, read the amount of total fat in 100 grams of the food. You can also use the up and down arrows to move up and down the list selecting different foods.
- D. Search **down** the list starting from the top until you find a food that matches one of the options listed in the possible answers.

**Answer: d) potato chips (plain) 36.4 grams of fat**

2. Which of the following foods contain the least fat per 100 grams? Find the answer using only Search and Sort capabilities.
- a) baked potato (flesh & skin)   b) potato salad   c) potato pancakes   d) potato chips (plain)  
e) sweet potato (baked)

Hint: Starting with the list from the previous question, **search up the list starting from the bottom** until you find a food that matches one of the options listed in the possible answers.

**Answer: a) baked potato (flesh & skin) at 0.1 grams of fat with or e) sweet potato (baked) with 0.2 grams of fat as a close second**

3. Which of the following foods contain the most sodium per 100 grams? Find the answer using only Search and Sort capabilities.
- a) baked potato (flesh & skin)   b) potato salad   c) potato pancakes   d) potato chips (plain)  
e) sweet potato (baked)

Hint:

- A. Select by Search. Enter “potato” as a keyword. Click on “Start Search” to get a list of foods.
- B. On the “Resorted by Food Name” window, click on the “Sort | by Minerals | by Sodium” menu option.
- C. Search down the list starting from the top until you find a food that matches one of the options listed in the possible answers.

**Answer: b) potato salad (529 mg of sodium), a bit more than d) potato chips (plain) 525 mg**

4. Which of the following foods contain the least sodium per 100 grams? Find the answer using only Search and Sort capabilities.

- a) baked potato (flesh & skin) b) potato salad c) potato pancakes d) potato chips (plain)  
e) sweet potato (baked)

Hint: Starting with the list from the previous question, search up the list starting from the bottom you find a food that matches one of the options listed in the possible answers.

**Answer: a) baked potato (flesh & skin) with 7 mg of sodium**

5. Which of the following foods contain the most Vitamin A per 100 grams? Find the answer using only Search and Sort capabilities.

- a) baked potato (flesh & skin) b) potato salad c) potato pancakes d) potato chips (plain)  
e) sweet potato (baked)

Hint:

A. Use the by Search with “potato” keyword as in previous questions.

B. Click on the “Sort | by Vitamins | by Vitamin A” menu option.

C. Search down the list starting from the top until you find a food that matches one of the options listed in the possible answers.

**Answer: d) sweet potato (baked) 961 micrograms of Vitamin A (RAE)**

6. Which of the following foods contain the least Vitamin A per 100 grams? Find the answer using only Search and Sort capabilities.

- a) baked potato (flesh & skin) b) potato salad c) potato pancakes d) potato chips (plain)  
e) sweet potato (baked)

Hint: Starting with the list from the previous question, search up the list starting from the bottom you find a food that matches one of the options listed in the possible answers.

**Answer: d) potato chips (plain) with 0 micrograms of Vitamin A but a) baked potato (flesh & skin) with 1 microgram is close**

7. Which of the following foods contain the most potassium per 100 grams? Find the answer using only by Nutrient and Sort capabilities.

- a) dried apricots b) molasses c) pistachio nuts d) soy flour (low fat)

Hint:

A. Select by Nutrient to get a window from which you can define which sets of foods you wish to search for which nutrient.

B. On the “Select Foods by Nutrient Content” window select “all foods” which “are a GOOD SOURCE of” “potassium” and click on the “Start Search” button.

C. Search down the list starting from the top until you find a food that matches one of the options listed in the possible answers.

**Answer: d) soy flour (low fat) with 2515 mg of potassium per 100 grams**

8. Which of the following fast foods have the most fibre per 100 grams? Find the answer using only Search and Sort capabilities.
- a) hot fudge Sunday      b)coleslaw      c) burrito with beans      d) miniature cinnamon buns

Hint:

- A. Select by Search. Enter “fast food” as a keyword. Click on “Start Search” to get a list of foods.  
B. On the “Resorted by Food Name” window, click on the “Sort | by Fibre.”  
C. Search down the list starting from the top until you find a food that matches one of the options listed in the possible answers.

**Answer: c) burrito with beans (several choices with between 3.1 g and 6.5 g/100g)**

9. What is the nutrient recommendation for iron for a 21 year old sedentary female of typical height and weight?
- a) 6 mg                      b) 9 mg                      c) 18 mg                      d) 27 mg

Hint:

- A. Select People on the FoodFocus main screen menu.  
B. On the “Group on Which Nutrient Recommendations are Based” window, select any person listed in box following “2. Select any entry in the following list...” and press the “Delete from List” button until the box is empty.  
C. Then select “1” “adult” aged “21 years” and female. Select the “sedentary” option and click on the “Add to List” button.  
D. Click on the “Save as Revised Group” button.  
E. Click on “View DRI Nutrient Recommendation SUMMARY” and view the DRI value for iron. Note that you can get additional detail by clicking on the “View DRI Nutrient Recommendation DETAILS” button.  
F. Click on the “View DRI Nutrient Recommendation SUMMARY” window, to view the DRI value for iron.

**Answer: c) 18 mg**

Note: As indicated on the “View DRI Nutrient Recommendation DETAILS” window, the nutrient recommendation for iron is based on the Dietary Reference Intake Recommended Daily Allowance/Adequate Intake established for iron.

10. What is the nutrient recommendation for iron for a 19 to 24 year old female who is pregnant in the first 3 months of her pregnancy?
- a) 6 mg                      b) 9 mg                      c) 18 mg                      d) 27 mg

Hint:

- A. Repeat the procedure for the previous question but in step C also select “pregnant” “0-3 months”.  
B. Click on the “View DRI Nutrient Recommendation SUMMARY” window, to view the DRI value for iron.

**Answer: d) 27 mg**

11. Which of the following foods contain fibre that has been shown to help lower bad fat in your blood (cholesterol) and control blood sugar?
- a) apricots, apples + bananas      b) broccoli, cabbage + corn      c) peas + spinach  
d) oat bran, dried beans + lentils

Hint: Select Help | Nutrients | Fibre to read the help information for fibre.

(Note: Since Help displays can be edited, you may have to change this question and answer if you have edited the Help info for fibre.)

**Answer: d) oat bran, dried beans + lentils**

12. For an adult who is 160 cm tall, what is his/her maximum weight if his/her Body Mass Index (BMI) is not to exceed the upper limit of what is healthy for most people?
- a) 60 kg      b) 65 kg      c) 70 kg      d) 75 kg

Hint:

- A. Select Help | Body Mass Index to display related help information. Note the BMI which is considered the upper BMI range that is healthy for most people.  
B. Make sure that the “Use Metric Units” option is set to “Yes”.  
C. Put “160” in the box corresponding to height in centimeters.  
D. Try different values in the weight in kilograms box until you the desired BMI is automatically calculated.

**Answer: b) 65 kg and a height of 160 cm give a BMI =25 so weights up to 65 kg are considered to be normal weight**

Note: The BMI index is only intended to apply to adults.

13. How much energy is burned by a 60 kg adult walking 5.5 km in one hour? Choose the closest answer.
- a) 100 kcal      b) 200 kcal      c) 300 kcal      d) 400 kcal

Hint:

- A. Select Help | Exercise to display related help information.  
B. Note the kilocalories consumed per hour when a 60 kg person walks at 5.5 km/hour.

**Answer: c) 300 kcal is closest to 312 kcal/hr**

Note: Use FitFocus, a companion program to FoodFocus, for calculations of energy expenditures for a variety of occupational, leisure and athletic activities as well as activities of daily living.

14. What is the French language name for alfalfa seeds?
- a) BETTE A CARDE      b) HARICOTS, MONGOS      c) LUZERNE, GRAINS  
d) MARGOSE, FEUILLES

Hint:

- A. Select File | Preferences.  
B. On the “Program Preferences” window, select “Use regular names, allow alternatives” on the “Alternative Names” drop down selection box.

- C. Close that window and use “by Search” with a keyword of “alfalfa” to those foods that have “alfalfa” in the name.
  - D. On the “Resorted by Food Name” window, select Show | French Names.
  - E. Note the name of the food “alfalfa seeds” is now displayed in the French language. When you click on it, the English language version of the name is show at the bottom of the window.
  - F. On the “Resorted by Food Name” window, select Show | Regular Names to revert to show the normal food names.
- (Alternatively, if you place the cursor over the food name in the “Resorted by Food Name” window, the French name will pop up in a tool tip text box.)

**Answer: c) LUZERNE, GRAINS**

Note: French language names are only available for foods in the Canadian nutrient file and for foods from other sources, the English language name will still be shown for those foods even when the “French Names” option is selected.

15. How many nutrients will **NOT** meet or exceed 5% of the nutrient recommendations for an active 12 year old boy in 125 ml of the food with a French language name of “POMME DAUPHINOIS AVEC MARGARINE”? Count only those nutrients for which nutrient recommendations are a Goal. Do not count the macro (big) nutrients- protein, carbohydrates and total fat or those with no data (value displayed as ‘???’).
- a) 1                      b) 2                      c) 6                      d) 12

Hint:

- A. Select People on the FoodFocus main screen menu.
- B. Enter: 1 person, child, 12 years, male, standard height/weight, sedentary. Click on the “Save as Revised Group”. If another person is already selected use “Delete from List” to remove.
- C. Select File | Preferences.
- D. On the “Program Preferences” window, select “Use French names, allow alternatives” on the “Alternative Names” drop down selection box.
- E. Close that window and use “by Search”. Enter keywords of “POMME DAUPHINOIS” in the “SEARCH ALL FRENCH FOOD NAMES BY KEYWORDS” window and click “Start Search”.
- F. On the “Resorted by Food Name” window, double click on the desired food (AVEC MARGARINE).
- G. Enter a value of 125 ml on the “Enter quantity for a new food” window. Click on “Show Nutrient Data”.
- H. At the top of the “Nutrient Analysis for One Food” window, click the “ 125 ml” quantity and then click on the ‘% Daily DRI’ display option.
- I. Count the number of nutrients for which the % Daily DRI is **less than** 5%. Count only those nutrients with data (not ‘???’) for which we should get at least 100% of the nutrient recommendations. Do not count water or the macro (big) nutrients- protein, carbohydrates and total fat.

**Answer: a) 1** Vitamin B12 (Note that this answer assumes that Vitamin B12 is displayed to students. Depending on nutrient options selected under File|Preferences, students may have to select “Next Page” to see Vitamin B12.

16. If, for the person and food in the previous question, the person ate enough of the food so that he consumed 100% of the target energy amount (ie 100% of the DRI for energy), which of the nutrients which recommendations are considered to be an upper **Limit** would **most** exceed the recommended upper limit? Count only those nutrients for which we should get less than 100% of the nutrient recommendations. It is expected that there would be long term health benefits from reducing the amount of this nutrient in the recipe for this food.

- a) cholesterol                      b) saturated fat                      c) sodium

Hint:

- A. On the “Nutrient Analysis for One Food” window displayed for the previous question, click on the ‘Nutrient Balance’ display option. This display option redisplay the nutrient data scaling up all the nutrient values by a factor such that the food energy value is always 100%. The “Nutrient Balance” display option indicates whether you consuming a larger than average amount of a nutrient for which there is an upper limit and whether you may be consuming a food with large amounts of nutrients that you may wish to avoid.
- B. Count the number of nutrients for which the displayed values are 100% or greater. Count only those nutrients for which we should get at least 100% of the nutrient recommendations. Do not count water or the macro (big) nutrients- protein, carbohydrates and total fat. Note that this question asks how many nutrients meet or exceed the fraction of the recommended nutrient recommendation for energy.

**Answer:** c) sodium at about 400%. This indicates that you are consuming four times as much sodium for every calorie of food energy as you could consume if you did not want to exceed the DRI for sodium (in this case the Recommended Daily Allowance/Adequate Intake) by the time you reach 100% of your daily energy. If the amount of food involved is not large, this may not be a concern but it does indicate an opportunity to reduce sodium intake.

17. If you consider only those foods which are listed in the Health Canada booklet “Nutrient Value of Some Common Foods”, which flour has the most fibre per 100 grams?

- a) buckwheat                      b) rye                      c) wheat, white, all purpose      d) wheat, whole grain

Hint:

- A. Select File | Preferences.
- B. On the “Program Preferences” window, click on the “Click here to display fewer or more foods in FoodFocus searches” button.
- C. On the “Program Preferences – Selecting Foods to be Available” window, make certain that the “Set the same level in all food groups...” option is selected. Click the arrows beside “All foods except baby foods” until the “NVSCF Booklet Foods” label is displayed. Close the Program Preferences windows.
- D. Select Food by Type | Breads, Cereals, Related Products | Flours and Brans to get a list of foods.
- E. On the “Resorted by Food Name” window, click on the “Sort | by Fibre” menu option. Click on the food names in the list and, in the lower right hand corner of the window, read the amount of fibre in 100 grams of the food.



F. Search **down the list starting from the top** until you find a food that matches one of the options listed in the possible answers.

**Answer: b) rye with 14.6 grams of fibre/ 100 g**

18. If you consider only those foods which are considered to be in the FoodFocus “Advanced General Use” level, how many of the foods in the “Meats, Poultry, Related Products” group are available to FoodFocus searches?

- a) 141 of 1482 foods      b) 234 of 1482 foods      c) 856 of 1482 foods      d) 993 of 1482 foods

Hint:

- A. Select File | Preferences.
- B. On the “Program Preferences” window, click on the “Click here to display fewer or more foods in FoodFocus searches” button.
- C. On the “Program Preferences – Selecting Foods to be Available” window, make certain that the “Set the same level in all food groups...” option is selected. Click the arrows beside “All foods except baby foods” until the “Advanced General Use” label is displayed.
- D. Scroll down the list of food groups on the Program Preferences windows to display the “Meats, Poultry, Related Products” group.
- E. Read the number of foods that are enabled and the total number of foods in that group.

**Answer: c) 856 of 1482 foods enabled**

# One Food at a Time

Exploring nutrients in individual foods

## Student Questionnaire

**Start the FoodFocus program using the Start| Programs menu on your computer or select the FoodFocus icon on your desktop.**



1. Which of the following foods contain the most fat per 100 grams? Find the answer using only Search and Sort capabilities.
- a) baked potato (flesh & skin)   b) potato salad   c) potato pancakes   d) potato chips (plain)  
e) sweet potato (baked)

Hint:

- A. Select by Search. Enter “potato” as a keyword. Click on “Start Search” to get a list of foods.
- B. On the “Resorted by Food Name” window, click on the “Sort | by Fat | by Fat (Total)” menu option. (Do **not** chose ‘Sort’ on the FoodFocus main window as that will close the window with the list of foods and you will have to start over.)
- C. Click on the food names in the list and, in the lower right hand corner of the window, read the amount of total fat in 100 grams of the food. You can also use the up and down arrows to move up and down the list selecting different foods.
- D. Search **down** the list starting from the top until you find a food that matches one of the options listed in the possible answers.

2. Which of the following foods contain the least fat per 100 grams? Find the answer using only Search and Sort capabilities.
- a) baked potato (flesh & skin)   b) potato salad   c) potato pancakes   d) potato chips (plain)  
e) sweet potato (baked)

Hint: Starting with the list from the previous question, **search up the list starting from the bottom** until you find a food that matches one of the options listed in the possible answers.

3. Which of the following foods contain the most sodium per 100 grams? Find the answer using only Search and Sort capabilities.
- a) baked potato (flesh & skin)   b) potato salad   c) potato pancakes   d) potato chips (plain)  
e) sweet potato (baked)

Hint:

- A. Select by Search. Enter “potato” as a keyword. Click on “Start Search” to get a list of foods.
- B. On the “Resorted by Food Name” window, click on the “Sort | by Minerals | by Sodium” menu option.
- C. Search **down** the list starting from the top until you find a food that matches one of the options listed in the possible answers.

4. Which of the following foods contain the least sodium per 100 grams? Find the answer using only Search and Sort capabilities.

- a) baked potato (flesh & skin) b) potato salad c) potato pancakes d) potato chips (plain)  
e) sweet potato (baked)

Hint: Starting with the list from the previous question, search up the list starting from the bottom you find a food that matches one of the options listed in the possible answers.

5. Which of the following foods contain the most Vitamin A per 100 grams? Find the answer using only Search and Sort capabilities.

- a) baked potato (flesh & skin) b) potato salad c) potato pancakes d) potato chips (plain)  
e) sweet potato (baked)

Hint:

A. Use the by Search with “potato” keyword as in previous questions.

B. Click on the “Sort | by Vitamins | by Vitamin A” menu option.

C. Search down the list starting from the top until you find a food that matches one of the options listed in the possible answers.

6. Which of the following foods contain the least Vitamin A per 100 grams? Find the answer using only Search and Sort capabilities.

- a) baked potato (flesh & skin) b) potato salad c) potato pancakes d) potato chips (plain)  
e) sweet potato (baked)

Hint: Starting with the list from the previous question, search up the list starting from the bottom you find a food that matches one of the options listed in the possible answers.

7. Which of the following foods contain the most potassium per 100 grams? Find the answer using only by Nutrient and Sort capabilities.

- a) dried apricots b) molasses c) pistachio nuts d) soy flour (low fat)

Hint:

A. Select by Nutrient to get a window from which you can define which sets of foods you wish to search for which nutrient.

B. On the “Select Foods by Nutrient Content” window select “all foods” which “are a GOOD SOURCE of” “potassium” and click on the “Start Search” button.

C. Search down the list starting from the top until you find a food that matches one of the options listed in the possible answers.

8. Which of the following fast foods have the most fibre per 100 grams? Find the answer using only Search and Sort capabilities.
- a) hot fudge Sunday      b)coleslaw      c) burrito with beans      d) miniature cinnamon buns

Hint:

- A. Select by Search. Enter “fast food” as a keyword. Click on “Start Search” to get a list of foods.  
B. On the “Resorted by Food Name” window, click on the “Sort | by Fibre.”  
C. Search down the list starting from the top until you find a food that matches one of the options listed in the possible answers.

9. What is the nutrient recommendation for iron for a 21 year old sedentary female of typical height and weight?
- a) 6 mg                      b) 9 mg                      c) 18 mg                      d) 27 mg

Hint:

- A. Select People on the FoodFocus main screen menu.  
B. On the “Group on Which Nutrient Recommendations are Based” window, select any person listed in box following “2. Select any entry in the following list...” and press the “Delete from List” button until the box is empty.  
C. Then select “1” “adult” aged “21 years” and female. Select the “sedentary” option and click on the “Add to List” button.  
D. Click on the “Save as Revised Group” button.  
E. Click on “View DRI Nutrient Recommendation SUMMARY” and view the DRI value for iron. Note that you can get additional detail by clicking on the “View DRI Nutrient Recommendation DETAILS” button.  
F. Click on the “View DRI Nutrient Recommendation SUMMARY” window, to view the DRI value for iron.

Note: As indicated on the “View DRI Nutrient Recommendation DETAILS” window, the nutrient recommendation for iron is based on the Dietary Reference Intake Recommended Daily Allowance/Adequate Intake established for iron.

10. What is the nutrient recommendation for iron for a 19 to 24 year old female who is pregnant in the first 3 months of her pregnancy?
- a) 6 mg                      b) 9 mg                      c) 18 mg                      d) 27 mg

Hint:

- A. Repeat the procedure for the previous question but in step C also select “pregnant” “0-3 months”.  
B. Click on the “View DRI Nutrient Recommendation SUMMARY” window, to view the DRI value for iron.

11. Which of the following foods contain fibre that has been shown to help lower bad fat in your blood (cholesterol) and control blood sugar?
- a) apricots, apples + bananas      b) broccoli, cabbage + corn      c) peas + spinach  
d) oat bran, dried beans + lentils

Hint: Select Help | Nutrients | Fibre to read the help information for fibre.

(Note: Since Help displays can be edited, you may have to change this question and answer if you have edited the Help info for fibre.)

12. For an adult who is 160 cm tall, what is his/her maximum weight if his/her Body Mass Index (BMI) is not to exceed the upper limit of what is healthy for most people?
- a) 60 kg      b) 65 kg      c) 70 kg      d) 75 kg

Hint:

- A. Select Help | Body Mass Index to display related help information. Note the BMI which is considered the upper BMI range that is healthy for most people.  
B. Make sure that the “Use Metric Units” option is set to “Yes”.  
C. Put “160” in the box corresponding to height in centimeters.  
D. Try different values in the weight in kilograms box until you the desired BMI is automatically calculated.

Note: The BMI index is only intended to apply to adults.

13. How much energy is burned by a 60 kg adult walking 5.5 km in one hour? Choose the closest answer.
- a) 100 kcal      b) 200 kcal      c) 300 kcal      d) 400 kcal

Hint:

- A. Select Help | Exercise to display related help information.  
B. Note the kilocalories consumed per hour when a 60 kg person walks at 5.5 km/hour.

Note: Use FitFocus, a companion program to FoodFocus, for calculations of energy expenditures for a variety of occupational, leisure and athletic activities as well as activities of daily living.

14. What is the French language name for alfalfa seeds?  
a) BETTE A CARDE    b) HARICOTS, MONGOS    c) LUZERNE, GRAINS  
d) MARGOSE, FEUILLES

Hint:

- A. Select File | Preferences.
- B. On the “Program Preferences” window, select “Use regular names, allow alternatives” on the “Alternative Names” drop down selection box.
- C. Close that window and use “by Search” with a keyword of “alfalfa” to those foods that have “alfalfa” in the name.
- D. On the “Resorted by Food Name” window, select Show | French Names.
- E. Note the name of the food “alfalfa seeds” is now displayed in the French language. When you click on it, the English language version of the name is show at the bottom of the window.
- F. On the “Resorted by Food Name” window, select Show | Regular Names to revert to show the normal food names.

(Alternatively, if you place the cursor over the food name in the “Resorted by Food Name” window, the French name will pop up in a tool tip text box.)

Note: French language names are only available for foods in the Canadian nutrient file and for foods from other sources, the English language name will still be shown for those foods even when the “French Names” option is selected.

15. How many nutrients will **NOT** meet or exceed 5% of the nutrient recommendations for an active 12 year old boy in 125 ml of the food with a French language name of “POMME DAUPHINOIS AVEC MARGARINE”? Count only those nutrients for which nutrient recommendations are a Goal. Do not count the macro (big) nutrients- protein, carbohydrates and total fat or those with no data (value displayed as ‘???’).
- a) 1                      b) 2                      c) 6                      d) 12

Hint:

- A. Select People on the FoodFocus main screen menu.
- B. Enter: 1 person, child, 12 years, male, standard height/weight, sedentary. Click on the “Save as Revised Group”. If another person is already selected use “Delete from List” to remove.
- C. Select File | Preferences.
- D. On the “Program Preferences” window, select “Use French names, allow alternatives” on the “Alternative Names” drop down selection box.
- E. Close that window and use “by Search”. Enter keywords of “POMME DAUPHINOIS” in the “SEARCH ALL FRENCH FOOD NAMES BY KEYWORDS” window and click “Start Search”.
- F. On the “Resorted by Food Name” window, double click on the desired food (AVEC MARGARINE).
- G. Enter a value of 125 ml on the “Enter quantity for a new food” window. Click on “Show Nutrient Data”.
- H. At the top of the “Nutrient Analysis for One Food” window, click the “ 125 ml” quantity and then click on the ‘% Daily DRI’ display option.

- I. Count the number of nutrients for which the % Daily DRI is **less than** 5%. Count only those nutrients with data (not '???') for which we should get at least 100% of the nutrient recommendations. Do not count water or the macro (big) nutrients- protein, carbohydrates and total fat.

16. If, for the person and food in the previous question, the person ate enough of the food so that he consumed 100% of the target energy amount (ie 100% of the DRI for energy), which of the nutrients which recommendations are considered to be an upper **Limit** would **most** exceed the recommended upper limit? Count only those nutrients for which we should get less than 100% of the nutrient recommendations. It is expected that there would be long term health benefits from reducing the amount of this nutrient in the recipe for this food.

- a) cholesterol                      b) saturated fat                      c) sodium

Hint:

- A. On the “Nutrient Analysis for One Food” window displayed for the previous question, click on the ‘Nutrient Balance’ display option. This display option redisplay the nutrient data scaling up all the nutrient values by a factor such that the food energy value is always 100%. The “Nutrient Balance” display option indicates whether you consuming a larger than average amount of a nutrient for which there is an upper limit and whether you may be consuming a food with large amounts of nutrients that you may wish to avoid.
- B. Count the number of nutrients for which the displayed values are 100% or greater. Count only those nutrients for which we should get at least 100% of the nutrient recommendations. Do not count water or the macro (big) nutrients- protein, carbohydrates and total fat. Note that this question asks how many nutrients meet or exceed the fraction of the recommended nutrient recommendation for energy.

17. If you consider only those foods which are listed in the Health Canada booklet “Nutrient Value of Some Common Foods”, which flour has the most fibre per 100 grams?

- a) buckwheat                      b) rye                      c) wheat, white, all purpose      d) wheat, whole grain

Hint:

- A. Select File | Preferences.
- B. On the “Program Preferences” window, click on the “Click here to display fewer or more foods in FoodFocus searches” button.
- C. On the “Program Preferences – Selecting Foods to be Available” window, make certain that the “Set the same level in all food groups...” option is selected. Click the arrows beside “All foods except baby foods” until the “NVSCF Booklet Foods” label is displayed. Close the Program Preferences windows.
- D. Select Food by Type | Breads, Cereals, Related Products | Flours and Brans to get a list of foods.
- E. On the “Resorted by Food Name” window, click on the “Sort | by Fibre” menu option. Click on the food names in the list and, in the lower right hand corner of the window, read the amount of fibre in 100 grams of the food.
- F. Search **down the list starting from the top** until you find a food that matches one of the options listed in the possible answers.

18. If you consider only those foods which are considered to be in the FoodFocus “Advanced General Use” level, how many of the foods in the “Meats, Poultry, Related Products” group are available to FoodFocus searches?

- a) 141 of 1482 foods      b) 234 of 1482 foods      c) 856 of 1482 foods      d) 993 of 1482 foods

Hint:

- A. Select File | Preferences.
- B. On the “Program Preferences” window, click on the “Click here to display fewer or more foods in FoodFocus searches” button.
- C. On the “Program Preferences – Selecting Foods to be Available” window, make certain that the “Set the same level in all food groups...” option is selected. Click the arrows beside “All foods except baby foods” until the “Advanced General Use” label is displayed.
- D. Scroll down the list of food groups on the Program Preferences windows to display the “Meats, Poultry, Related Products” group.
- E. Read the number of foods that are enabled and the total number of foods in that group.