

Home Cooking



The food we eat is essentially meant for providing energy and the raw materials for your body to live. Without food you would not have energy or be able to grow or repair any damaged cells. Even though food is meant for surviving, there is a lot of food that is eaten because of our heritage. For this assignment you are to research one home cooked meal that is of your heritage or cultural background. If you have many cultural backgrounds just choose one food in particular.

Directions

1. Research the ingredients for one of your favorite foods from your cultural background. First you will need to list the ingredients needed to make your favorite food. Refer to <http://www.nutritiondata.com/> for the nutritional information for almost any food. Make note if any of the ingredients are a good source of a particular organic compound, vitamin, or nutrient.

Table 1. Calories for each ingredient

Food	Fat (g)	Protein (g)	Carbohydrates (g)	Total (g)
(list ingredients here)				
Total Calories				

2. List the total calories from each of the macromolecules needed by the human body. (refer to the table in the excel file.)
3. After listing the number of calories for each of the macromolecules explain where each of these is digested and which enzymes are involved in the digestion of these macromolecules. (Look this up in your Biology textbook in the chapter under digestion.) Don't forget to mention the name of the organ in the digestive system that secretes the enzymes that breaks down that food.
4. Generate a graph in Excel showing the percentage of the total calories that come from each of the macromolecules (carbohydrates, lipids, or proteins) in your favorite food. The whole graph should add up to 100% of the total calories. (Use the excel file).
5. Analyze the graphs and determine which ingredient has the most and least amount of calories. Which macromolecule makes up most of the calories?
6. Explain when this food is primarily eaten. Is this food for special occasions, holidays, breakfast, lunch, or dinner?