

# ACTIVITY 4B STUDENT WORKSHEET

## STUDENT DATA SHEET – % indicates percent of calories from fat.

Station #1		Station #2	
Item A _____	Item B _____	Item A _____	Item B _____
_____	_____	_____	_____
Cal. from fat _____	Cal. from fat _____	Cal. from fat _____	Cal. from fat _____
Calories _____	Calories _____	Calories _____	Calories _____
% _____	% _____	% _____	% _____

Station #3		Station #4	
Item A _____	Item B _____	Item A _____	Item B _____
_____	_____	_____	_____
Cal. from fat _____	Cal. from fat _____	Cal. from fat _____	Cal. from fat _____
Calories _____	Calories _____	Calories _____	Calories _____
% _____	% _____	% _____	% _____

Station #5		Station #6	
Item A _____	Item B _____	Item A _____	Item B _____
_____	_____	_____	_____
Cal. from fat _____	Cal. from fat _____	Cal. from fat _____	Cal. from fat _____
Calories _____	Calories _____	Calories _____	Calories _____
% _____	% _____	% _____	% _____

Station #7		Station #8	
Item A _____	Item B _____	Item A _____	Item B _____
_____	_____	_____	_____
Cal. from fat _____	Cal. from fat _____	Cal. from fat _____	Cal. from fat _____
Calories _____	Calories _____	Calories _____	Calories _____
% _____	% _____	% _____	% _____

Station #9		Station #10	
Item A _____	Item B _____	Item A _____	Item B _____
_____	_____	_____	_____
Cal. from fat _____	Cal. from fat _____	Cal. from fat _____	Cal. from fat _____
Calories _____	Calories _____	Calories _____	Calories _____
% _____	% _____	% _____	% _____

Station #11		Station #12	
Item A _____	Item B _____	Item A _____	Item B _____
_____	_____	_____	_____
Cal. from fat _____	Cal. from fat _____	Cal. from fat _____	Cal. from fat _____
Calories _____	Calories _____	Calories _____	Calories _____
% _____	% _____	% _____	% _____