

### Homework Task

Write down what you ate in one day (in grams)!  
 As a guide for the measurements, you will find some basic measures on the back!

	Bread, noodles Potatoes, cereals	Vegetables salads	fruit	milk, cheese, yoghurt (milk products)	meat, sausage fish, eggs	sweets
Breakfast						
School						
Lunch						
Afternoon						
Supper						
Other						

### Worksheet 1



Photo-copiable DGE-Nutrition Circle, Bonn 2005

### Do my eating habits conform to the diet, suggested by the German Nutrition Association?

**Task 1**

Calculate the total amount of food that you ate in one day.  
 State the result in grams (g).

Total amount: \_\_\_\_\_ g

**Task 2**

(2a) Work out the percentage of each group of foods.

(2b) Display the percentages of the individual groups of food in a pie chart. Convert the individual percentages to angular measures (degrees).

	bread, noodles, potatoes (cereals)	vegetables, salads	fruit	milk, cheese, yoghurt (milk products)	meat, sausage, fish, egg	sweets
(2a) percentage						
(2b) angular measure						

**Task 3**

Present your results in the form of a pie chart (in your exercise book).

### Homework Task

**Task**

- (1) Makes one pie chart each for Bastian and Heiko (in your exercise book).
- (2) Compare the diagrams. What do you notice?

**Bastian**

Total amount: 2260 g

	bread, noodles, potatoes (cereals)	vegetables, salads	fruit	milk, cheese, yoghurt (milk products)	meat, sausage, fish, eggs	sweets
(2a) percentage	31%	24%	13%	19%	8%	3%
(2b) angular measure	111.6°	93.6°	46.8°	68.4°	28.8°	10.8°

**Heiko**

Total amount: 650 g

	bread, noodles, potatoes (cereals)	vegetables, salads	fruit	milk, cheese, yoghurt (milk products)	meat, sausage, fish, eggs	sweets
(2a) percentage	31.%	23%	15%	19%	9%	3%
(2b) angular measure	111.6°	82.8°	54°	68.4°	32.4°	10.8°

**Bastian's Dietary Plan**

	bread, noodles, potatoes (cereals)	vegetables, salads	fruit	milk, cheese, yoghurt, (milk products)	meat, sausage, fish, eggs	sweets
breakfast	150 g bread	50 g cucumber		100 g milk, 100 g cheese (3)		30 g Nutella
school	100 g bread		200 g banana	150 g milky drink	40 g ham	
afternoon			100 g apple (1)	100 g yoghurt		30 g chocolate bar
supper	200 g bread	100 g tomato			60 g egg	
extras						
total amount	700 g	550 g	300 g	450 g	200 g	60 g

**Heiko's Dietary Plan**

	bread, noodles, potatoes, cereals	vegetables, salads	fruit	milk, cheese, yoghurt, (milk products)	meat, sausage, fish, eggs	sweets
breakfast	40 g rolls			50 g cheese		*
school			½ banana 100g			
lunch	100 g noodles	80 g peas			60 g ground beef	
afternoon				75 g yoghurt		15 g chocolate
supper	60 g roll	70 g tomato				
extras						
total amount	200 g	150 g	100 g	125 g	60 g	15 g