**Micronutrient Lab**

**Directions: Each group will plan a granola bar, using the recipe provided. You will choose your ingredients.**

Vitamin Lab: Group Members: Kitchen:

Plan your nutritious granola bar.

Prep Time: Cook Time: Ready In:

Servings:

Recipe yield: Size pan:

Ingredients:

Recipe Directions:

LAB SHEET

Micronutrients

1. What is the purpose of this lab?
2. Give an essential question you have had during the micronutrient unit.
3. In the chart below record your data for the following micronutrients. You may use the computer to look up information.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Micronutrient: | Oats  g. % | Sweetened condensed milk  g. % | List Butter or margarine  g. % | Coconut  g. % | List Type of nut  g. % | Choc. Chips  g. % | List dried fruit used  g. % |
| Fats |  |  |  |  |  |  |  |
| Sodium |  |  |  |  |  |  |  |
| Dietary fiber |  |  |  |  |  |  |  |
| Sugars |  |  |  |  |  |  |  |
| Protein |  |  |  |  |  |  |  |
| Calories |  |  |  |  |  |  |  |

1. List 3 facts of information that you have learned from the chapter on micronutrients.
2. List and define 4 vocabulary words for micronutrients.