

Oct. 18: the (Bare) Necessities of Life

LO: Describe needs of living things.

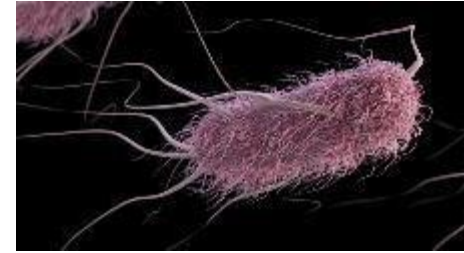
SLE: Read and write proficiently.



What are the 4 necessities of life?

- Examples from “Bare Necessities” video?
([youtube.com/watch?v=Gu8mFbBvoMI](https://www.youtube.com/watch?v=Gu8mFbBvoMI))

Different organisms have different needs



What's in your food?

- The food you eat has 3 major sources of calories (energy)
 - **Carbohydrates:** sugars, starches, fiber
 - **Fat (Lipids)**
 - **Protein**
- Homework due Oct. 19
 - Think of foods at home with nutrition labels.
 - Make 3 guesses:
 - 1 food you think is high in carbohydrate
 - 1 food you think is high in fat
 - 1 food you think is high in protein
 - Use nutrition labels to check your guesses!
 - Example: potato chips (label at right)
 - Each serving has 10 grams of fat (vs. 15 grams of carbohydrate and 2 grams of protein), so it is pretty high in fat

Nutrition Facts			
Serving Size 1 oz (28g/About 15 chips)			
Amount Per Serving			
Calories 160	Calories from Fat 90		
% Daily Value*			
Total Fat 10g			16%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 170mg			7%
Potassium 350mg			10%
Total Carbohydrate 15g			5%
Dietary Fiber 1g			5%
Sugars less than 1g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 10%	
Calcium 0%	•	Iron 2%	
Vitamin E 6%	•	Thiamin 4%	
Niacin 6%	•	Vitamin B ₆ 10%	
Magnesium 4%	•	Zinc 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4