

Dessert Nutrition 1

Name: _____ Hour: 1 2 3 4 5 6 7 8

After doing your health assignment, you were curious how healthy the desserts you like to eat are. You think of the favorite places you like to eat ice cream and gather up the information and make a new spreadsheet so you can compare all of them.

Draw a line through each sentence or use **highlighter pen** to ensure that you do not skip a step. You may also need the direction sheet from the previous assignment to remind you how to do some of the steps.

1. Open Excel and create a blank workbook. Save the file as "Dessert Nutrition 1". Name Sheet 1 "Dessert Nutrition".
2. Go to PAGE LAYOUT – PAGE SETUP and the *EXPAND* icon to do the directions in this paragraph. You want this paper to print sideways, so turn on Landscape. Now set your margins to 1" top and bottom and .25 of an inch on the left and right. Center this Vertically and Horizontally on the page by putting a checkmark in each of these two boxes at the bottom of the dialog box. Do not click on OK yet.
3. Click on the "Header/Footer" tab on the top. Under "Header", change it from (none) to "Dessert Nutrition" from the drop down list. Choose OK when ready.
4. Type the information below into the correct cells. Make the columns wide enough to fit the words and numbers. It is ok for your name to overlap into the next columns.



	A	B	C	D	E	F	G
1	<Your Name>'s Favorite Desserts						
2							
3			Weight	Total	Carbs	Cholesterol	Calcium
4	Dessert	Store	Ounces	Calories	Grams	mg	mg
5							
6	Banana Split	Sonic	11	450	82	45	37
7	Cheesecake Ice Cream	Cold Stone	12	620	89	17	40
8	Chocolate Devotion	Cold Stone	14	1490	189	195	45
9	Chocolate Shake	McDonalds	32	1160	102	100	90
10	Heath Bar Sundae	Baskin Robbins	32	1210	160	115	40
11	Oreo Blizzard	Dairy Queen	32	1000	1048	70	60
12	Root Beer Float	A&W	32	350	136	75	15
13	Strawberry Shake	Jack in the Box	24	1050	155	190	35
14							
15		Item Totals	?	?	?	?	?

5. In Row 15 there are some question marks. Use the correct formula to add up all the appropriate numbers above the question marks.
6. It is family night and it is your turn to be in charge of the games. You save your project and close it down.

Dessert Nutrition 2

1. The next day you wake up and turn on the radio. School is canceled because all the teachers got food poisoning from eating cookies made in Home Ec class (Sally didn't wash her hands!) You decide to work on your project and open "Dessert Nutrition 1" and save the file as "Dessert Nutrition 2".
2. Select the words in row 3 and 4 and turn on Center. Make them Bold as well.
3. Type the words in cells B17, B18 and B19.

	A	B	C	D	E	F	G
1	<Your Name>'s Favorite Desserts						
2							
3			Weight	Total	Carbs	Cholesterol	Calcium
4	Dessert	Store	Ounces	Calories	Grams	mg	mg
5							
6	Banana Split	Sonic	11	450	82	45	37
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11	Oreo Blizzard	Dairy Queen	32	1000	1048	70	60
12	Root Beer Float	A&W	32	350	136	75	15
13	Strawberry Shake	Jack in the Box	24	1050	155	190	35
14							
15		Item Totals	?	?	?	?	?
16							
17		Average Size	?	?	?	?	?
18		Biggest Serving	?	?	?	?	?
19		Smallest Serving	?	?	?	?	?



4. Now, enter in the formulas to figure the appropriate information. Only go from row 6 to row 13. Don't include the Total row in row 15!
5. You must now tell Excel that you want ONE decimal places on the average row. Select all the numbers on the average row and click on HOME – NUMBER – EXPAND - NUMBER and choose 1 decimal place.
6. Select all the numbers in Row 15. You want the Number Format with 0 decimal places and the thousand separator turned on (put a checkmark in the box).
7. You want all the words and numbers in Row 15 to be bold as well.
8. Italicize the words "Average Size", "Biggest Serving" and "Smallest Serving".
9. Double check your columns and make them wider if you need to.
10. Select *all* the cells and change the font to Arial 12. Make your columns wider now.
11. You figure you have done enough on a "No School Day" so you go play outside after you save your work and close the project.



Dessert Nutrition 3

1. You come home after school the next day and open “Dessert Nutrition 2” and save the project as “Dessert Nutrition 3”.
2. Insert two new columns between “Total Calories” and “Carbs – Grams”. Turn your paper over to the back of this page and type in all the new things in columns E and F.
3. Next, put in the new formulas in column E and F that need them.
4. Select cells A1 through I1. Go to HOME – ALIGNMENT – MERGE AND CENTER icon.
5. Select cells D6 through D13 and turn on the thousand separator and no decimal places as well. If there are any other cells that contain numbers that need commas or decimal places in them to maintain consistency, please do so.
6. Click in cell A1 and turn on Bold and size 16.
7. You find two mistakes that were made when typing in the information. The Cheesecake Ice Cream has 790 calories and the Oreo Blizzard has 148 grams of Carbs! Fix these two mistakes in your spreadsheet.
8. Turn on your GRIDLINES and your HEADINGS.
9. Make sure ALL your columns fit on your paper. You may have to shrink your columns a bit smaller than the rule you learned for everything to fit on a single sheet of paper.
10. Turn this paper to the back and answer the questions in the correct cells.
11. Spellcheck your assignment.
12. Be sure to show Mr. Larson your formulas with the CTRL and ~ keys and after he sees your work, you may print your work. Fix any mistakes you recycle all other papers with mistakes.
13. Read the following story:

Several years ago, Mr. Larson was talking to his niece, who was in Kindergarten at the time, about what she learned in school that day and what she had for lunch.

After telling him about her day and what she had for lunch, Mr. Larson told her about his day and what he had for lunch. He explained that he ate a candy bar and drank a can of pop for lunch. She quickly exclaimed, “You can’t eat that for lunch, it isn’t healthy!”
14. Write a short paragraph telling Mr. Larson if you think Alivia was right, and what Mr. Larson should do to make up for having junk food for lunch. Describe the consequences of such a lunch and explain how you came to this conclusion.
15. Turn in your project after you save it and then close Excel.

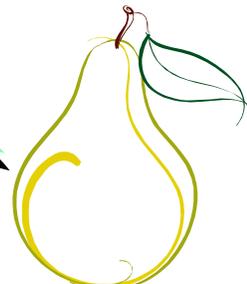
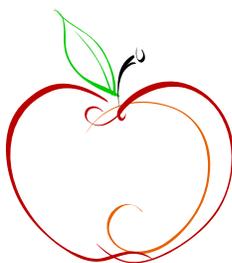


	A	B	C	D	E	F	G	H	I
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3			Weight	Total	Fat	Sugar	Carbs	Cholesterol	Calcium
4	Dessert	Store	Ounces	Calories	Calories	mg	Grams	mg	mg
5									
6	Banana Split	Sonic	11	450	110	60	82	45	37
7	Cheesecake Ice Cream	Cold Stone	12	620	390	74	89	17	40
8	Chocolate Devotion	Cold Stone	14	1490	685	133	189	195	45
9	Chocolate Shake	McDonalds	32	1160	160	168	102	100	90
10	Heath Bar Sundae	Baskin Robbins	32	1210	530	139	160	115	40
11	Oreo Blizzard	Dairy Queen	32	1000	330	113	1048	70	60
12	Root Beer Float	A&W	32	350	90	110	136	75	15
13	Strawberry Shake	Jack in the Box	24	1050	510	131	155	190	35
14									
15		Item Totals	?	?	?	?	?	?	?
16									
17		Average Size	?	?	?	?	?	?	?
18		Biggest Serving	?	?	?	?	?	?	?
19		Smallest Serving	?	?	?	?	?	?	?

Dessert Nutrition Questions

Answer the following questions. They do not need to be in complete sentences.

1. A22 – Which one of these is the **least healthy** for you?
2. A23 – Which one of these is the **healthiest** for you?
3. A24 – Which one of these would you buy if you went to one of the restaurant?
4. A25 – Do you think people should get a small dessert instead of a large dessert?
5. A26 – You learned in the previous assignment that a person should only eat 2,000 calories a day. If you order the Chocolate Devotion Ice Cream, can you eat any foods from the Fast Food assignment (get your paper and see how many calories the things have) or do you have to eat one of the things in the pictures below?



Note: The nutritional information in this assignment is actual information gathered from their website.