1. **Lunch Design Your Lunch:**

For lunch I had a Cy-burger, Doritos, a banana, chocolate chip cookie and cranberry iced tea for my beverage. It is categorized as following:

**Fruit**: Banana

**Vegetables**: Lettuce, Tomatoes, Onion

**Grains**: White bun

**Dairy**: Cheese

**Protein**: Beef

**Oil**: Mayo

1. **Analyze Your Lunch :**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Food Item | Brand | Serving Size | \*Total Fat | \*Carbohydrate  And Sugars (2 separate values) | \*Proteins | \*\*Energy  (Calories) |
| Doritos | Doritos | 1 bag | 14g | *Carb:*28g  *Sugar:*>1g | 3g | 240 k/cals |
| Cranberry Tea | Peace Tea | 1 can | 0g | *Carb:* 39g  *Sugar:*36g | 0g | 150 k/cals |
| Chocolate chip cookie | Dining center | 1 | 2.97 g | *Carb:*9.86  *Sugar:* 5.56 | 0.54 | 67 k/cals |

**Sensory Analysis:**

* The food I chose to evaluate was my Banana.

1. **Appearance:**

The product is in the shape of a smile but on its side. Bright Yellow with streaks of light green. The color is uneven due to it not being fully ripe. It is medium in size with uniform particles. There are no bumps, it looks and feels smooth. Once peeled there are tiny ridges and it feels sticky. The color on the outside and inside are opaque. Here are no bubbles. When cut and left out, it turns a dirty yellow.

1. **Odor or Aroma:**

There is a green, (like a plant) and sweet component. The aroma is very strong and is distinctive once peeling. Little particles of are semi visible once peeled.

1. **Consistency and Texture:**

The product is thick, and soft. It is heavy and sticky when you cut into it. It feels slimy and it can slide out of your fingers. Once peeled it you can notice strands of fibers. It creates a wet feeling in your mouth. However when mashed little not no water is released.

1. **Flavor:**

The flavors of this product include sweet, but naturally sweet not by adding sweeteners. If eaten semi green the flavor is bitter. Mine was sweet and it leaves a sour taste in your mouth afterwards. It doesn’t mix well with other foods such as tea and if mixed with tea it will also create a sour taste. It can have a cooling affect and honestly has an aroma that is banana-y”.

1. **Noise:**

My banana was nice quite ripe, almost but not quite. When I peeled it I heard the “snap” of trying to separate it. It reminded me of snapping peas. There was no crunchiness. It was easy to bit into it and made no noise when biting into it.

**Food: Banana**

|  |
| --- |
| **Appearance (sight):**  Yellow, medium size not uniform in color due to being unripe |
| **Odor/Aroma (smell):**  Sweet, distinctive |
| **Texture/Consistency (touch):**  Thick, sticky |
| **Flavor (Taste)**  Sweet, sour aftertaste |
| **Noise (Sound you hear while chewing):**  Snap noise when peeling. No sound when biting into it. |
| **Other observations/comments:**  Easy to mash |

1. **Reflections:**

**Category A :**

In general I enjoyed this assignment quite a bit. I want to become a FCS teacher. I feel like it is relevant to learn about the food I put in my body because most of the time we just consume it without much regard to the nutritional aspects.

**Category B:**

Some factors that I feel are preventing me from doing as well is the fact that this is an online course. It is really easy to forget to do the assignments and quizzes. Also, not having the ability to hear the instructions the ways they are tended to be received really just leaves with the option of trying to interpret them on my own.

**Category C:**

I feel like I am ready for this exam because I have taken other courses that allow me to have some background. I took FSHN 167 and FSHN 111 that have talked about most of the material I have read.