

## 4.02 Assignment Instructions

**Instructions:** Write a program that will evaluate whether the nutritional components listed on a food label exceed the Daily Reference Value (%DRV) for a healthy diet, established by the Food and Drug Administration.

1. Download the Food and Drug Administration's [Nutrition Facts Label brochure](#) to the Mod04 Documents folder.
2. Print a copy of the document for your notebook.
3. Read the brochure to prepare for the assignment.
4. Download the [4.02 Food Label Nutrition Facts](#) document to the Mod04 Documents folder.
5. Print a copy of the document for your notebook.
6. Read the document to learn more about the nutrition facts on food labels.
7. Create a new project called 4.02 Boolean Expressions in the Mod04 Assignment folder.
8. Download the partially completed [NutritionLabelV1.java](#) file to the newly created project folder.
9. The code was started, but never finished. Use the existing design and structure to complete the program.
10. Prompt the user to enter the name of a food, the number of servings consumed, and the number of calories for one serving.
11. Prompt the user to enter the amount of fat, carbohydrates, protein, and fiber contained in one serving.
12. The output should display the quantities of each value entered relative to the number of servings contained in the package, and whether the amounts exceed the Daily Recommended Values for each nutritional component. Use variables to print each column of data.
13. Choose foods that you like, and see how they compare to the DRVs for calories, fats, carbohydrates, fiber, and protein.
14. When you submit your assignment, provide the necessary information to test your program in the PMR for the assignment.



**Expected Output:** When your program runs correctly your output should be similar to the following. Neatly formatting output has not yet been covered, so only worry about lining up the columns for the sample food item you submit. (Be sure to include the information necessary to test your program in the PMR.)

```
BlueJ: Terminal Window - 4.02 Boolean Expressions
Options
Enter the name of the food item: Deep Dish Pizza

How many servings will you eat? 5
Enter Calories per Serving: 320
Enter grams of Total Fat per Serving: 13
Enter grams Carbohydrate per serving: 37
Enter grams Fiber per serving: 2
Enter grams Protein: 16

Food: Deep Dish Pizza
Serving Size: 5

Component          Total          Percent          Less than Daily Value
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Calories            1600            80              true
Fat:                 65             100             false
Carbohydrat         185             61              true
Dietary Fier:        10              40              true
Protein:             80             160             false
```