

## **Lab 4 – September 19, 2016**

### **Due for Lab 4**

First Project 1 deliverable:

1. List your team members and their StrengthsFinder strengths.
2. Written plan on how your team will work together to best utilize your team's unique set of strengths

### **Agenda for Lab 4**

1. Sit with teams
2. Discuss linear programming for reverse engineering
  - a. USDA databases for nutritional information of ingredients:  
<http://ndb.nal.usda.gov/ndb/>
  - b. MS Excel for linear programming
  - c. FDA Food label generators  
<http://www.onlinelabels.com/label-generator-tools/Nutrition-label-generator.aspx>
3. Work in groups to create two nutrition labels
  - a. One with ingredients currently in nutrition bar
  - b. One with improved ingredients

### **Due Next Week (9/26/2016)**

Product Process Reviews

1. Submit 1 page review through Blackboard
2. Select your team's representative presenter
3. Present your review (if selected)

Second Project 1 deliverable

1. Working spreadsheet for estimating the formula of your product
2. A reverse-engineered formula for your product
3. A formula for an improved version of your product
4. Two food labels and food formulations
  - a. One label should mirror your bar's label as close as possible
  - b. The second label should be of an improved version of your product.
5. Explain how your changes have improved the bar's nutrition
  - a. Use FDA recommended daily values to help think about a more balanced food.
6. Explain the differences between your bar and the improved version.