|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | In my Experiment I researched the nutrition of 20 16 and 17 years old boys and girls from the Amador Valley Highschool in Pleasanton and of 20 boys and girls of the same age from the Hauptschule Burgwedel in Grossburgwedel, Lower Saxony , Germany.  Students of the Gymnasium Burgwedel at Lunch - June 1997  Procedure:  I asked each Teenager to write down everything what they ate and drank during a Period of 7 days.  After I had collected the data I calculated the optimal Nutritional Intake for each student with reference to his/ her individual body weight and height assuming that all students activity level would have been moderate. Then I calculated their actual daily nutritional intake and took the average from their weekly die  Students of the Amador Valley Highschool at Lunch - November 1997  I devided my researched groups into 6 devisions  1. American boys  2. American girls  3. Total Americans  4. German boys  5. German girls  6. Total Germans  I took the Average values for each group by setting the idial diet to 100 %.  I analysed the diets on the percentage of Fats, Carbohydrates and Proteins in the diet and the following nutrients in comparism to a balanced diet = 100%.   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Calories | Vitamin A | Calcium | Potassium | Vitamin B6 | | Proteins | Vitamin C | Magnesium | Thiamine | Vitamin B12 | | Carbohydrates | Vitamin D | Iron | Riboflavin | Dietary Fiber | |  | Vitamin E | Zinc | Niacin | Caffeine | |  |  | Sodium |  |  | | Total Fat | Saturated Fat | Mono - Unsaturated Fats | Poly - Unsaturated Fats | Cholesterol |   Then I compared my data from the different groups. |
|  |  |
|  |  |
|  |  |

*This Web Site is Best viewed with 256 or more colors.*

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)