

**Complete only one of the options below.**

Option One: For those who enjoy cooking, identify a recipe that sounds delicious to you. You can use a recipe from your own personal collection or you can use a recipe from a web collection like [allrecipes.com](http://allrecipes.com) or [epicurious.com](http://epicurious.com). Using the recipe, answer the following questions in at least 350 words:

- Which macromolecule is represented the most in the recipe? Explain.
- Which macromolecule is represented the least in the recipe? Explain.
- How could you change this recipe to make it more balanced—in other words, each class of macromolecule is represented equally?
- Using what you know about the different classes of macromolecules and their effects on health, how could you change this recipe to make it healthier?

Option Two: For those who enjoy eating but don't enjoy cooking, identify a restaurant you enjoy eating at. Locate the restaurant's menu online. Using the menu, answer the following questions in at least 350 words:

- If you were eating dinner at this restaurant today, what would you order? Which macromolecule is represented the most in your order? Explain.
- Which macromolecule is represented the least in your order? Explain.
- How could you change your order to make it more balanced—in other words, each class of macromolecule is represented equally?
- Using what you know about the different classes of macromolecules and their effects on health, how could you change your order to make it healthier?