Name: Galene Martinez
CSUN SED 514 Fall 2008

DATABASES

(1) Introduction to Databases: A database is a collection of information organized so that a computer program can quickly retrieve desired pieces of data. A field is a single piece of information; a record is one complete set of fields; and a table is a collection of records.

- Sample Problem It is believed that sodium, cholesterol, and saturated fat increase the risk of cardiovascular disease. Use the filter tool in Excel to determine which foods should be avoided because they contain high concentrations of all of these substances. Include a printout of your report in your portfolio. Download and open nutrition.xls (an Excel file) . Use File/Open to open the nutrition.xls file if it does not open by double-clicking. Turn on AutoFilter (Data/Filter/AutoFilter). When it is on, small arrows appear in the field(column) headings. To sort the database, place the cursor in the first cell within a category (e.g. vit. C (mg), not in the category coordinate (e.g. A,B,C etc.). To perform record selection, use Data/Sort/SortBy and select the appropriate criteria to answer the question.

I first filtered the foods for those greater than 100mg, here is that screen capture:

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nutrition.xls

	A	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
1	Food	Sodium [mg]	Phosphorus	Ca:P ratio	Potassium	Zinc [mg]	Niacin [mg]	Thiamin [mg]	Riboflavin [mg]	Vit A [RE]	Vit B6 [mg]	Vit C [mg]	Food type
2	Beef dried chipped	3053	287	0.05	142	4.1	2.7	0.05	0.23	0	0.14	0	MEAT
3	Enchilada	1332	198	1.63	653	1.2	0	0.18	0.26	352	0.25	0	MIXED DISHES AND FAST FOODS
4	Corn dog	1252	303	0.11	164	1.4	3.27	0.28	0.17	0	0.11	3	MIXED DISHES AND FAST FOODS
5	Margarine Spread (60% fat) hard	1123	18	1.33	34	0.2	0.02	0.01	0.03	1122	0.01	0	FATS AND OILS
6	Margarine - Regular, hard	1066	26	1.31	48	0.2	0.03	0.01	0.04	1122	0.01	0	FATS AND OILS
7	Spaghetti in sauce w/cheese	955	88	0.45	303	1.1	4.5	0.35	0.28	120	0.13	10	MIXED DISHES AND FAST FOODS
8	Butter - Stick	933	26	1.04	29	0.1	0.05	0.01	0.04	852	0.01	0	FATS AND OILS
9	Pickles dill medium	928	14	1.21	130	0.2	0.01	0.01	0.01	7	0.01	4	MISCELLANEOUS
10	Vegetable juice cocktail canned	883	41	0.66	467	0.5	1.76	0.1	0.07	283	0.34	67	VEGETABLES AND LEGUMES
11	Cottage Creamed small curd	850	277	0.45	177	0.8	0.27	0.04	0.34	101	0.14	0	DAIRY
12	Bread crumbs, dry grated	736	141	0.87	152	0.5	4.8	0.35	0.35	0	0.02	0	BAKED GOODS
13	Canadian style Bacon	719	138	0.04	181	0.8	3.22	0.38	0.09	0	0.21	10	MEAT
14	Potatoes mashed	636	100	0.55	628	0.6	2.35	0.18	0.08	12	0.49	14	VEGETABLES AND LEGUMES
15	Bouillon	627	23	0.43	47	0.1	0.4	0.02	0.04	0	0.01	0	SOUPS, SAUCES, AND GRAVIES
16	Frankfurter, turkey	550	71	0.75	84	1	1.77	0.11	0.12	17	0.09	0	SAUSAGES AND LUNCHMEATS
17	Burrito, beef and bean	516	274	0.6	388	3.3	4.36	0.26	0.29	58	0.73	5	MIXED DISHES AND FAST FOODS
18	Frankfurter, beef and pork	504	39	0.13	75	0.8	1.18	0.09	0.05	0	0.06	12	SAUSAGES AND LUNCHMEATS
19	Apple pie	474	50	0.06	10	0.3	1.59	0.17	0.13	29	0.09	0	BAKED GOODS
20	Croissant 4 1/2 x 4 x 1 3/4 in	452	64	0.31	68	0.3	1.3	0.17	0.13	13	0.03	0	BAKED GOODS
21	Salmon, canned pink solids	443	243	0.69	307	0.8	6.8	0.03	0.15	18	0.38	0	FISH AND SHELLFISH
22	Peach pie, piece	423	55	0.49	235	0.3	2.3	0.17	0.15	93	0.07	5	BAKED GOODS
23	Cheese - Blue	396	110	1.36	73	0.8	0.29	0.01	0.11	65	0.05	0	DAIRY
24	Grape Nuts cereal	394	142	0.15	190	1.2	10	0.8	0.8	753	1	0	GRAIN PRODUCTS
25	Chicken breast fried w/batter	385	258	0.11	282	1.3	14.7	0.16	0.2	28	0.6	0	POULTRY
26	English muffin, plain	378	67	1.43	331	0.4	2.14	0.26	0.18	0	0.02	0	BAKED GOODS
27	Pork, Bacon medium slices	303	64	0.03	92	0.6	1.39	0.13	0.05	0	0.05	6	MEAT
28	Tuna, oil packed	303	199	0.04	298	0.9	10.1	0.04	0.09	20	0.47	0	FISH AND SHELLFISH
29	Gingerbread	289	85	1.01	260	0.9	1.23	0.14	0.17	0	0.01	0	BAKED GOODS
30	Pudding canned Chocolate	285	117	0.63	254	0.7	0.6	0.04	0.17	31	0.03	0	DAIRY
31	Carrot cake, cream cheese	279	62	0.71	108	0.5	0.9	0.11	0.12	15	0.86	1	BAKED GOODS
32	Ham luncheon meat canned	271	17	0.06	45	0.3	0.66	0.08	0.04	0	0.04	0	MEAT
33	Buttermilk	257	219	1.3	371	1	0.14	0.08	0.38	20	0.08	2	DAIRY
34	Bagel, plain	245	46	0.63	50	0.3	2.4	0.26	0.2	0	0.03	0	BAKED GOODS
35	Corn Chips	233	52	0.67	52	0.4	0.4	0.04	0.05	11	0.04	1	BAKED GOODS
36	Cheese Gouda	232	155	1.28	34	1.1	0.02	0.01	0.1	49	0.02	0	DAIRY
37	Lucky Charms cereal	227	88	0.41	66	0.6	5.6	0.4	0.5	424	0.6	17	GRAIN PRODUCTS
38	Muffins Blueberry, commercial	225	90	0.17	54	0.2	1.17	0.11	0.13	11	0.01	0.5	BAKED GOODS
39	Custard baked	209	310	0.96	387	1.5	0.3	0.11	0.5	146	0.13	1	DAIRY
40	Yellow cake	192	117	0.2	123	0.2	0.62	0.05	0.14	30	0.03	0	BAKED GOODS
41	Salad Dressing - French Regular	188	1	2	2	0	0	0	0	0	0.01	0	FATS AND OILS
42	Peas, green canned drained	186	57	0.3	147	0.6	0.62	0.1	0.07	65	0.05	8	VEGETABLES AND LEGUMES
43	Oysters - raw Pacific	185	379	0.53	290	74.4	6	0.29	0.43	223	0.13	24	FISH/SHELLFISH
44	Trix cereal	179	19	0.32	26	0.1	4.9	0.4	0.4	375	0.5	15	GRAIN PRODUCTS
45	Cheese - Cheddar cut pieces	176	146	1.4	28	0.9	0.02	0.01	0.11	86	0.02	0	DAIRY
46	Scrambled with milk and butter	176	109	0.5	97	0.7	0.04	0.04	0.18	102	0.06	0	EGGS
47	Oysters Eastern raw	175	343	0.66	290	96.7	6	0.34	0.43	223	0.13	24	FISH AND SHELLFISH
48	Rye, sliced	175	36	0.56	51	0.4	0.83	0.1	0.08	0	0.02	0	BAKED GOODS
49	Saltine crackers	165	12	0.25	17	0.1	0.6	0.06	0.05	0	0.01	0	BAKED GOODS
50	Salad Dressing - Italian Regular	162	1	1	5	0	0	0	0	3	0.03	0	FATS AND OILS
51	Cheese - Monterey Jack	152	126	1.68	23	0.8	0.02	0.01	0.11	81	0.02	0	DAIRY
52	Duck meat only roasted	143	449	0.06	557	5.8	11.3	0.57	1.04	51	0.55	0	POULTRY
53	Chocolate Chip cookies commercial	140	41	0.39	56	0.3	0.9	0.1	0.23	15	0.02	0	BAKED GOODS
54	Egg Nog commercial	138	278	1.19	420	1.2	0.27	0.09	0.48	203	0.13	4	DAIRY
55	Wheat bread, sliced	135	47	0.68	35	0.3	1.13	0.12	0.08	0	0.03	0	BAKED GOODS
56	Potato chips	133	43	0.16	369	0.3	1.19	0.04	0.01	0	0.14	12	VEGETABLES AND LEGUMES
57	Yogurt lowfat fruit added	133	271	1.27	442	1.7	0.22	0.08	0.4	25	0.09	2	DAIRY
58	White bread, sliced	129	27	1.19	28	0.1	0.94	0.12	0.08	0	0.01	0	BAKED GOODS
59	Skim Milk	126	247	1.22	406	0.9	0.22	0.09	0.34	149	0.1	2	DAIRY
60	Cream sour cultured	123	195	1.37	331	0.7	0.15	0.08	0.34	448	0.04	2	DAIRY
61	Milk - 2% Low Fat	122	232	1.28	377	1	0.21	0.1	0.4	140	0.1	2	DAIRY
62	Trout broiled w/butter & lemon	122	259	0.1	297	0.2	2.3	0.07	0.07	60	0.41	1	FISH AND SHELLFISH
63	Chicken - Roasted whole	120	273	0.08	340	2.9	12.8	0.1	0.25	22	0.65	0	POULTRY
64	Milk - Whole	120	228	1.28	370	0.9	0.2	0.09	0.4	76	0.1	2	DAIRY
65	Beef gravy canned	117	70	0.2	189	2.3	1.54	0.07	0.08	0	0.02	0	SOUPS, SAUCES, AND GRAVIES
66	Ice Cream Vanilla	116	134	2.62	257	1.4	0.14	0.05	0.33	133	0.06	1	DAIRY
67	Rye wafers, whole grain	115	44	0.16	65	1.6	0.5	0.06	0.03	0	0.03	0	BAKED GOODS
68	Cheese crackers	112	17	0.65	17	0.1	0.4	0.05	0.04	5	0.01	0	BAKED GOODS
69	Salad Dressing 1000 Island	110	3	0.67	18	0	0.03	0.01	0.01	15	0.01	0	FATS AND OILS
70	French fries fried in veg oil	108	47	0.21	366	0.2	1.63	0.09	0.01	0	0.12	5	VEGETABLES AND LEGUMES
71	Cheese Mozzarella whole milk	106	105	1.4	19	0.7	0.02	0.01	0.07	68	0.02	0	DAIRY
72	Fishsticks	106	116	0.19	188	0.5	1.2	0.06	0.1	10	0.12	0	FISH AND SHELLFISH

I then sorted by Cholesterol greater than 0:

nutrition.xls

	A	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
1	Food	Cholesterol	Total Fat [g]	Saturate Fat	Monosat Fat	Polyunsat Fat	Iron [mg]	Magnesium	Sodium [mg]	Phosphorus	Ca:P ratio	Potassium	Zinc [mg]	Niacin [mg]	Thiamin [mg]	Riboflavin [mg]	Vit A [RE]	Vit B6 [mg]	Vit C [mg]	Food type
2	Scrambled with milk and butter	282	7.1	3	2.8	0.8	0.9	109	176	109	0.5	97	0.7	0.04	0.04	0.18	102	0.06	0	EGGS
3	Custard baked	278	15	6.8	5.4	0.7	1.1	37	209	310	0.96	387	1.5	0.3	0.11	0.5	146	0.13	1	DAIRY
4	Butter - Stick	247	92	57.3	26.6	3.4	0.2	2	933	26	1.04	29	0.1	0.05	0.01	0.04	852	0.01	0	FATS AND OILS
5	Duck meat only roasted	198	24.8	9.2	8.2	3.1	6	44	143	449	0.06	557	5.8	11.3	0.57	1.04	51	0.55	0	POULTRY
6	Egg Nog commercial	149	19	11.3	5.7	0.9	0.5	47	138	278	1.19	420	1.2	0.27	0.09	0.48	203	0.13	4	DAIRY
7	Chicken - Roasted whole	125	10.4	2.9	3.7	2.4	1.7	35	120	273	0.08	340	2.9	12.8	0.1	0.25	22	0.65	0	POULTRY
8	Oysters - raw Pacific	120	5	1.8	0.7	1.8	16.8	54	185	379	0.53	290	74.4	6	0.29	0.43	223	0.13	24	FISH/SHELLFISH
9	Oysters Eastern raw	120	4	1.4	0.5	1.4	15.6	116	175	343	0.66	290	96.7	6	0.34	0.43	223	0.13	24	FISH AND SHELLFISH
10	Chicken breast fried w/batter	119	18.5	4.9	7.6	4.3	1.8	34	385	258	0.11	282	1.3	14.7	0.16	0.2	28	0.6	0	POULTRY
11	Cream sour cultured	102	48.2	30	13.9	1.8	0.1	26	123	195	1.37	331	0.7	0.15	0.08	0.34	448	0.04	2	DAIRY
12	Carrot cake, cream cheese	74	21	4.1	8.4	6.8	1.3	12	279	62	0.71	108	0.5	0.9	0.11	0.12	15	0.86	1	BAKED GOODS
13	Trout broiled w/butter & lemon	71	9	4.1	2.9	1.6	1	30	122	259	0.1	297	0.2	2.3	0.07	0.07	60	0.41	1	FISH AND SHELLFISH
14	Ice Cream Vanilla	60	14.4	8.9	4.1	0.5	0.1	19	116	134	2.62	257	1.4	0.14	0.05	0.33	133	0.06	1	DAIRY
15	Tuna, oil packed	55	7	1.4	1.9	3.1	1.6	27	303	199	0.04	298	0.9	10.1	0.04	0.09	20	0.47	0	FISH AND SHELLFISH
16	Burrito, beef and bean	52	17.5	6.8	6.7	2.3	2.7	61	516	274	0.6	388	3.3	4.36	0.26	0.29	58	0.73	5	MIXED DISHES AND FAST FOODS
17	Fishsticks	52	6	1.6	2.8	1.6	0.6	32	106	116	0.19	188	0.5	1.2	0.06	0.1	10	0.12	0	FISH AND SHELLFISH
18	Beef dried chipped	46	4	1.8	2	0.2	2.3	27	3053	287	0.05	142	4.1	2.7	0.05	0.23	0	0.14	0	MEAT
19	Muffins Blueberry, commercial	45	4.9	1.4	2	1.2	0.9	5	225	90	0.17	54	0.2	1.17	0.11	0.13	11	0.01	0.5	BAKED GOODS
20	Frankfurter, turkey	44	8.3	2.4	2.7	2.1	0.8	8	550	71	0.75	84	1	1.77	0.11	0.12	17	0.09	0	SAUSAGES AND LUNCHMEATS
21	Clams - raw	43	1	0.3	0.3	0.3	2.6	31	102	138	0.43	154	1.4	1.1	0.09	0.15	26	0.07	9	FISH/SHELLFISH
22	Yellow cake	38	10.9	5.7	3.7	0.6	1.2	4	192	117	0.2	123	0.2	0.62	0.05	0.14	30	0.03	0	BAKED GOODS
23	Corn dog	37	20	8.4	10	1.4	1.9	22	1252	303	0.11	164	1.4	3.27	0.28	0.17	0	0.11	3	MIXED DISHES AND FAST FOODS
24	Salmon, canned pink solids	34	5	0.9	1.5	2.1	0.7	23	443	243	0.69	307	0.8	6.8	0.03	0.15	18	0.38	0	FISH AND SHELLFISH
25	Milk - Whole	33	8.1	5.1	2.3	0.3	0.1	33	120	228	1.28	370	0.9	0.2	0.09	0.4	76	0.1	2	DAIRY
26	Cottage Creamed small curd	31	8.9	6	2.7	0.3	0.3	11	850	277	0.45	177	0.8	0.27	0.04	0.34	101	0.14	0	DAIRY
27	Cheese - Cheddar cut pieces	30	9.4	6	2.7	0.3	0.2	8	176	146	1.4	28	0.9	0.02	0.01	0.11	86	0.02	0	DAIRY
28	Yogurt whole milk	29	7.4	4.8	2	0.2	0.1	27	104	216	1.27	352	1.3	0.17	0.07	0.32	68	0.07	1	DAIRY
29	Canadian style Bacon	27	3.9	1.3	1.9	0.4	0.4	10	719	138	0.04	181	0.8	3.22	0.38	0.09	0	0.21	10	MEAT
30	Cheese - Monterey Jack	26	8.6	5.4	2.3	0.2	0.2	8	152	126	1.68	23	0.8	0.02	0.01	0.11	81	0.02	0	DAIRY
31	Frankfurter, beef and pork	23	13.1	4.8	6.1	1.2	0.5	5	504	39	0.13	75	0.8	1.18	0.09	0.05	0	0.06	12	SAUSAGES AND LUNCHMEATS
32	Milk - 2% Low Fat	22	4.8	2.9	1.3	0.2	0.1	33	122	232	1.28	377	1	0.21	0.1	0.4	140	0.1	2	DAIRY
33	Cheese Mozzarella whole milk	22	5.8	3.7	1.9	0.2	0	5	106	105	1.4	19	0.7	0.02	0.01	0.07	68	0.02	0	DAIRY
34	Cheese - Blue	21	8.1	5.3	2.2	0.2	0.1	7	396	110	1.36	73	0.8	0.29	0.01	0.11	65	0.05	0	DAIRY
35	Enchilada	19	16	7.7	6.7	0.6	3.3	76	1332	198	1.63	653	1.2	0	0.18	0.26	352	0.25	0	MIXED DISHES AND FAST FOODS
36	Ice Milk Vanilla	18	5.6	3.5	1.6	0.2	0.2	19	105	129	1.36	265	0.6	0.12	0.08	0.35	53	0.09	1	DAIRY
37	Pork, Bacon medium slices	16	9.3	3.3	4.5	1.1	0.3	5	303	64	0.03	92	0.6	1.39	0.13	0.05	0	0.05	6	MEAT
38	Snack cakes, chocolate	15	4	1.7	1.5	0.6	1	2	105	26	0.81	34	0.2	0.7	0.06	0.09	4	0.01	0	BAKED GOODS
39	Croissant 4 1/2 x 4 x 1 3/4 in	13	12	3.5	6.7	1.4	2.1	6	452	64	0.31	68	0.3	1.3	0.17	0.13	13	0.03	0	BAKED GOODS
40	Ham luncheon meat canned	13	6.4	2.3	3	0.8	0.1	2	271	17	0.06	45	0.3	0.66	0.08	0.04	0	0.04	0	MEAT
41	Yogurt lowfat fruit added	10	2.5	1.6	0.7	0.1	0.2	33	133	271	1.27	442	1.7	0.22	0.08	0.4	25	0.09	2	DAIRY
42	Buttermilk	9	2.2	1.3	0.6	0.1	0.1	26	257	219	1.3	371	1	0.14	0.08	0.38	20	0.08	2	DAIRY
43	Beef gravy canned	7	5.5	2.8	2.3	0.2	1.6	3	117	70	0.2	189	2.3	1.54	0.07	0.08	0	0.02	0	SOUPS, SAUCES, AND GRAVIES
44	Cheese crackers	6	3	0.9	1.2	0.3	0.3	22	112	17	0.65	17	0.1	0.4	0.05	0.04	5	0.01	0	BAKED GOODS
45	Bread crumbs, dry grated	5	5	1.5	1.6	1	4.1	31	736	141	0.87	152	0.5	4.8	0.35	0.35	0	0.02	0	BAKED GOODS
46	Chocolate Chip cookies commercial	5	8.8	2.9	3.1	2.6	0.8	9	140	41	0.39	56	0.3	0.9	0.1	0.23	15	0.02	0	BAKED GOODS
47	Potatoes mashed	4	1.2	0.7	0.3	0.1	0.6	39	636	100	0.55	628	0.6	2.35	0.18	0.08	12	0.49	14	VEGETABLES AND LEGUMES
48	Saltine crackers	4	1.1	0.5	0.4	0.2	0.5	3	165	12	0.25	17	0.1	0.6	0.06	0.05	0	0.01	0	BAKED GOODS
49	Skim Milk	4	0.4	0.3	0.1	0	0.1	28	126	247	1.22	406	0.9	0.22	0.09	0.34	149	0.1	2	DAIRY
50	Salad Dressing 1000 Island	4	5.7	1	1.3	3.2	0.1	1	110	3	0.67	18	0	0.03	0.01	0.01	15	0.01	0	FATS AND OILS
51	Spaghetti in sauce w/cheese	3	2	0.4	0.4	0.5	2.8	16	955	88	0.45	303	1.1	4.5	0.35	0.28	120	0.13	10	MIXED DISHES AND FAST FOODS
52	Gingerbread	1	6.5	1.6	2.7	1.8	1.8	7	289	85	1.01	260	0.9	1.23	0.14	0.17	0	0.01	0	BAKED GOODS
53	Pudding canned Chocolate	1	11	9.5	0.5	0.1	1.2	24	285	117	0.63	254	0.7	0.6	0.04	0.17	31	0.03	0	DAIRY
54	Cheese Gouda	0.32	7.7	5	2.2	0.2	0.1	8	232	155	1.28	34	1.1	0.02	0.01	0.1	49	0.02	0	DAIRY
182																				
183																				

Name: Galene Martinez
CSUN SED 514 Fall 2008

I then sorted by Saturated Fat from highest to lowest:

nutrition.xls

Sheets | Charts | SmartArt Graphics | WordArt

	A	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
1	Food	Saturate Fd	Monosat Fd	Polyunsat F	Iron (mg)	Magnesium	Sodium (mg	Phosphorou	Ca:P ratio	Potassium	Zinc (mg)	Niacin (mg	Thiamin (m	Riboflavin (	Vit A (RE)	Vit B6 (mg	Vit C (mg)	Food type
2	Butter - Stick	57.3	26.6	3.4	0.2	2	933	26	1.04	29	0.1	0.05	0.01	0.04	852	0.01	0	FATS AND OILS
3	Cream sour cultured	30	13.9	1.8	0.1	26	123	195	1.37	331	0.7	0.15	0.08	0.34	448	0.04	2	DAIRY
4	Egg Nog commercial	11.3	5.7	0.9	0.5	47	138	278	1.19	420	1.2	0.27	0.09	0.48	203	0.13	4	DAIRY
5	Pudding canned Chocolate	9.5	0.5	0.1	1.2	24	285	117	0.63	254	0.7	0.6	0.04	0.17	31	0.03	0	DAIRY
6	Duck meat only roasted	9.2	8.2	3.1	6	44	143	449	0.06	557	5.8	11.3	0.57	1.04	51	0.55	0	POULTRY
7	Ice Cream Vanilla	8.9	4.1	0.5	0.1	19	116	134	2.62	257	1.4	0.14	0.05	0.33	133	0.06	1	DAIRY
8	Corn dog	8.4	10	1.4	1.9	22	1252	303	0.11	164	1.4	3.27	0.28	0.17	0	0.11	3	MIXED DISHES AND FAST FOODS
9	Enchilada	7.7	6.7	0.6	3.3	76	1332	198	1.63	653	1.2	0	0.18	0.26	352	0.25	0	MIXED DISHES AND FAST FOODS
10	Custard baked	6.8	5.4	0.7	1.1	37	209	310	0.96	387	1.5	0.3	0.11	0.5	146	0.13	1	DAIRY
11	Burrito, beef and bean	6.8	6.7	2.3	2.7	61	516	274	0.6	388	3.3	4.36	0.26	0.29	58	0.73	5	MIXED DISHES AND FAST FOODS
12	Cottage Creamed small curd	6	2.7	0.3	0.3	11	850	277	0.45	177	0.8	0.27	0.04	0.34	101	0.14	0	DAIRY
13	Cheese - Cheddar cut pieces	6	2.7	0.3	0.2	8	176	146	1.4	28	0.9	0.02	0.01	0.11	86	0.02	0	DAIRY
14	Yellow cake	5.7	3.7	0.6	1.2	4	192	117	0.2	123	0.2	0.62	0.05	0.14	30	0.03	0	BAKED GOODS
15	Cheese - Monterey Jack	5.4	2.3	0.2	0.2	8	152	126	1.68	23	0.8	0.02	0.01	0.11	81	0.02	0	DAIRY
16	Cheese - Blue	5.3	2.2	0.2	0.1	7	396	110	1.36	73	0.8	0.29	0.01	0.11	65	0.05	0	DAIRY
17	Milk - Whole	5.1	2.3	0.3	0.1	33	120	228	1.28	370	0.9	0.2	0.09	0.4	76	0.1	2	DAIRY
18	Cheese Gouda	5	2.2	0.2	0.1	8	232	155	1.28	34	1.1	0.02	0.01	0.1	49	0.02	0	DAIRY
19	Chicken breast fried w/batter	4.9	7.6	4.3	1.8	34	385	258	0.11	282	1.3	14.7	0.16	0.2	28	0.6	0	POULTRY
20	Yogurt whole milk	4.8	2	0.2	0.1	27	104	216	1.27	352	1.3	0.17	0.07	0.32	68	0.07	1	DAIRY
21	Frankfurter, beef and pork	4.8	6.1	1.2	0.5	5	504	39	0.13	75	0.8	1.18	0.09	0.05	0	0.06	12	SAUSAGES AND LUNCHMEATS
22	Carrot cake, cream cheese	4.1	8.4	6.8	1.3	12	279	62	0.71	108	0.5	0.9	0.11	0.12	15	0.86	1	BAKED GOODS
23	Trout broiled w/butter & lemon	4.1	2.9	1.6	1	30	122	259	0.1	297	0.2	2.3	0.07	0.07	60	0.41	1	FISH AND SHELLFISH
24	Cheese Mozzarella whole milk	3.7	1.9	0.2	0	5	106	105	1.4	19	0.7	0.02	0.01	0.07	68	0.02	0	DAIRY
25	Ice Milk Vanilla	3.5	1.6	0.2	0.2	19	105	129	1.36	265	0.6	0.12	0.08	0.35	53	0.09	1	DAIRY
26	Croissant 4 1/2 x 4 x 1 3/4 in	3.5	6.7	1.4	2.1	6	452	64	0.31	68	0.3	1.3	0.17	0.13	13	0.03	0	BAKED GOODS
27	Pork, Bacon medium slices	3.3	4.5	1.1	0.3	5	303	64	0.03	92	0.6	1.39	0.13	0.05	0	0.05	0	MEAT
28	Scrambled with milk and butter	3	2.8	0.8	0.9	109	176	109	0.5	97	0.7	0.04	0.04	0.18	102	0.06	0	EGGS
29	Chicken - Roasted whole	2.9	3.7	2.4	1.7	35	120	273	0.08	340	2.9	12.8	0.1	0.25	22	0.65	0	POULTRY
30	Milk - 2% Low Fat	2.9	1.3	0.2	0.1	33	122	232	1.28	377	1	0.21	0.1	0.4	140	0.1	2	DAIRY
31	Chocolate Chip cookies commercial	2.9	3.1	2.6	0.8	9	140	41	0.39	56	0.3	0.9	0.1	0.23	15	0.02	0	BAKED GOODS
32	Beef gravy canned	2.8	2.3	0.2	1.6	3	117	70	0.2	189	2.3	1.54	0.07	0.08	0	0.02	0	SOUPS, SAUCES, AND GRAVIES
33	Frankfurter, turkey	2.4	2.7	2.1	0.8	8	550	71	0.75	84	1	1.77	0.11	0.12	17	0.09	0	SAUSAGES AND LUNCHMEATS
34	Ham luncheon meat canned	2.3	3	0.8	0.1	2	271	17	0.06	45	0.3	0.66	0.08	0.04	0	0.04	0	MEAT
35	Oysters - raw Pacific	1.8	0.7	1.8	16.8	54	185	379	0.53	290	74.4	6	0.29	0.43	223	0.13	24	FISH/SHELLFISH
36	Beef dried chipped	1.8	2	0.2	2.3	27	3053	287	0.05	142	4.1	2.7	0.05	0.23	0	0.14	0	MEAT
37	Snack cakes, chocolate	1.7	1.5	0.6	1	2	105	26	0.81	34	0.2	0.7	0.06	0.09	4	0.01	0	BAKED GOODS
38	Fishsticks	1.6	2.8	1.6	0.6	32	106	116	0.19	188	0.5	1.2	0.06	0.1	10	0.12	0	FISH AND SHELLFISH
39	Yogurt lowfat fruit added	1.6	0.7	0.1	0.2	33	133	271	1.27	442	1.7	0.22	0.08	0.4	25	0.09	2	DAIRY
40	Gingerbread	1.6	2.7	1.8	1.8	7	289	85	1.01	260	0.9	1.23	0.14	0.17	0	0.01	0	BAKED GOODS
41	Bread crumbs, dry grated	1.5	1.6	1	4.1	31	736	141	0.87	152	0.5	4.8	0.35	0.35	0	0.02	0	BAKED GOODS
42	Oysters Eastern raw	1.4	0.5	1.4	15.6	116	175	343	0.66	290	96.7	6	0.34	0.43	223	0.13	24	FISH AND SHELLFISH
43	Tuna, oil packed	1.4	1.9	3.1	1.6	27	303	199	0.04	298	0.9	10.1	0.04	0.09	20	0.47	0	FISH AND SHELLFISH
44	Muffins Blueberry, commercial	1.4	2	1.2	0.9	5	225	90	0.17	54	0.2	1.17	0.11	0.13	11	0.01	0.5	BAKED GOODS
45	Canadian style Bacon	1.3	1.9	0.4	0.4	10	719	138	0.04	181	0.8	3.22	0.38	0.09	0	0.21	10	MEAT
46	Buttermilk	1.3	0.6	0.1	0.1	26	257	219	1.3	371	1	0.14	0.08	0.38	20	0.08	2	DAIRY
47	Salad Dressing 1000 Island	1	1.3	3.2	0.1	1	110	3	0.67	18	0	0.03	0.01	0.01	15	0.01	0	FATS AND OILS
48	Salmon, canned pink solids	0.9	1.5	2.1	0.7	23	443	243	0.69	307	0.8	6.8	0.03	0.15	18	0.38	0	FISH AND SHELLFISH
49	Cheese crackers	0.9	1.2	0.3	0.3	22	112	17	0.65	17	0.1	0.4	0.05	0.04	5	0.01	0	BAKED GOODS
50	Potatoes mashed	0.7	0.3	0.1	0.6	39	636	100	0.55	628	0.6	2.35	0.18	0.08	12	0.49	14	VEGETABLES AND LEGUMES
51	Saltine crackers	0.5	0.4	0.2	0.5	3	165	12	0.25	17	0.1	0.6	0.06	0.05	0	0.01	0	BAKED GOODS
52	Spaghetti in sauce w/cheese	0.4	0.4	0.5	2.8	16	955	88	0.45	303	1.1	4.5	0.35	0.28	120	0.13	10	MIXED DISHES AND FAST FOODS
53	Clams - raw	0.3	0.3	0.3	2.6	31	102	138	0.43	154	1.4	1.1	0.09	0.15	26	0.07	9	FISH/SHELLFISH
54	Skim Milk	0.3	0.1	0	0.1	28	126	247	1.22	406	0.9	0.22	0.09	0.34	149	0.1	2	DAIRY
182																		
183																		
184																		

What I found was that the foods with highest of these three areas were mostly dairy, fast food meat dishes, and deserts. These are the types of foods that should be avoided when you are at risk of cardiovascular disease.

(2) Managing School Data: Schools and colleges are dependent upon databases to maintain student records, finances, registration, teacher information, schedules, and many other things. Teachers input data into such systems through grade book programs and other teacher/administrator software. Teachers should also be able to use programs like Microsoft Excel to organize data and merge files.

- Download the schools database file. Create mailing labels and form letters (3 suffices) using the mail merge feature in Word. This will serve as a data file (also known as secondary file) when merging with a primary document to make form letters, mailing letters, or catalog entries. Include only representative samples from your merges.

I first added a state column to the database file, so that the address on the labels & letters would be complete. Here is a screen shot of the database with the state column added to it:

Name: Galene Martinez
CSUN SED 514 Fall 2008

Microsoft Excel - Schools Database File

LOCAL SECONDARY SCHOOLS

SCHOOL	STREET	CITY		ZIP	DISTRICT
Antelope Valley HS	44900 Division St	Lancaster	CA	93535-2501	AVUHSD
Highland HS	39055 25th St W	Palmdale	CA	93551-4157	AVUHSD
Palmdale HS	2137 E Avenue R	Palmdale	CA	93550-5499	AVUHSD
Quartz Hill	6040 W Avenue L	Quartz Hill	CA	93536-4502	AVUHSD
Burbank HS	902 N. Third Street	Burbank	CA	91502	Burbank USD
Burroughs HS	1920 Clark Avenue	Burbank	CA	91506	Burbank USD
Luther Burbank MS	3700 W. Jeffries Avenue	Burbank	CA	91505	Burbank USD
Muir MS	1111 N. Kenneth Road	Burbank	CA	91504	Burbank USD
Carpinteria MS	5351 Carpinteria Avenue	Carpinteria	CA	93013	Carpinteria USD
Century HS	100 N. Lakeview Canyon	Westlake Village	CA	91361-	Conejo Valley Unified
Conejo Valley HS (Cont.)	1872 Newbury Road	Newbury Park	CA	91320-3495	Conejo Valley Unified
Newbury Park HS	456 N Reino Rd,	Newbury Park, CA	CA	91320-3798	Conejo Valley Unified
Sequoia MS	2855 Borchard Road	Newbury Park	CA	91320-3811	Conejo Valley Unified
Thousand Oaks HS	2323 Moorpark Road	Thousand Oaks	CA	91360-3101	Conejo Valley Unified
Westlake HS	100 Lakeview Canyon Road	Westlake Village	CA	91362-3802	Conejo Valley Unified
Colina MS	1500 Hillcrest Dr.	Thousand Oaks	CA	91362	Conejo Valley USD
Los Cerritos MS	2100 Ave. de Las Floresre	Thousand Oaks	CA	91632	Conejo Valley USD
Redwood MS	233 Gainsborouh Road	Thousand Oaks	CA	91360	Conejo Valley USD
Sequoia (Newbury Park) MS	2855 Borchard Road	Newbury Park	CA	91320	Conejo Valley USD
Culver City HS	4401 Elenda Street	Culver City	CA	90230-4101	Culver City USD
Culver City MS	4601 Elenda Street	Culver City	CA	90230-4101	Culver City USD
Fillmore Community HS (Cont.)	532 A St.	Fillmore	CA	93016-0697	Fillmore Unified
Fillmore MS	543 A St.	Fillmore	CA	93016-0697	Fillmore Unified
Fillmore Senior HS	555 Central Ave.	Fillmore	CA	93015-1331	Fillmore Unified
Glendale HS	1440 E. Broadway	Glendale	CA	91205	Glendale USD
Hoover HS	651 Glenwood Road	Glendale	CA	91202	Glendale USD
La Crescenta Valley HS	4400 Ramsdell Avenue	La Crescenta	CA	91214	Glendale USD
Roosevelt MS	1017 S. Glendale Avenue	Glendale	CA	91205	Glendale USD
Toll MS	700 Glenwood Road	Glendale	CA	91202	Glendale USD
Wilson MS	1221 Monterey Road	Glendale	CA	91206	Glendale USD
Blackstock (Charles) JHS	701 Bard Road	Oxnard	CA	93033-	Hueneme Elementary
Green (E. O.) JHS	3739 S. C St.	Oxnard	CA	93033-6111	Hueneme Elementary
Crozier MS	151 N. Grevillea Ave.	Inglewood	CA	90301-1705	Inglewood Unified
Agoura HS	28545 W. Driver Avenue	Agoura	CA	91301	Las Virgenes USD
Calabasas HS	22855 N. Mulholland Hwy.	Calabasas	CA	91302	Las Virgenes USD
Wright MS	4029 N. Las Virgenes Road	Calabasas	CA	91302	Las Virgenes USD
Banning HS	1527 Lakme Ave	Wilmington	CA	90744-1526	LAUSD
Belvedere MS	312 N. Record Ave.	Los Angeles	CA	90063	LAUSD
Berendo MS	1157 S. Berendo Street	Los Angeles	CA	90006	LAUSD
Birmingham HS	17000 Haynes Street	Van Nuys	CA	91405	LAUSD
Burbank MS	6460 N. Figueroa Street	Los Angeles	CA	90042	LAUSD
Byrd MS	9171 Telfair Avenue	Sun Valley	CA	91352	LAUSD
Canoga Park HS	6850 Topanga Canyon Blvd.	Canoga Park	CA	91303	LAUSD
Chatsworth HS	10027 Lurline Avenue	Chatsworth	CA	91311	LAUSD
Cleveland HS	8140 Vanalden Avenue	Reseda	CA	91335	LAUSD
Columbus MS	22250 Elkwood Street	Canoga Park	CA	91304	LAUSD
Crenshaw HS	5010 11th Avenue	Los Angeles	CA	90043	LAUSD

Now, here are my mailing labels:

Document2 [Compatibility Mode] - Microsoft Word

Antelope Valley HS
44900 Division St
Lancaster, CA 93535-2501

Highland HS
39055 25th St W
Palmdale, CA 93551-4157

Palmdale HS
2137 E Avenue R
Palmdale, CA 93550-5499

Quartz Hill
6040 W Avenue L
Quartz Hill, CA 93536-4502

Burbank HS
902 N. Third Street
Burbank, CA 91502

Burroughs HS
1920 Clark Avenue
Burbank, CA 91506

Luther Burbank MS
3700 W. Jeffries Avenue
Burbank, CA 91505

Muir MS
1111 N. Kenneth Road
Burbank, CA 91504

Carpinteria MS
5351 Carpinteria Avenue
Carpinteria, CA 93013

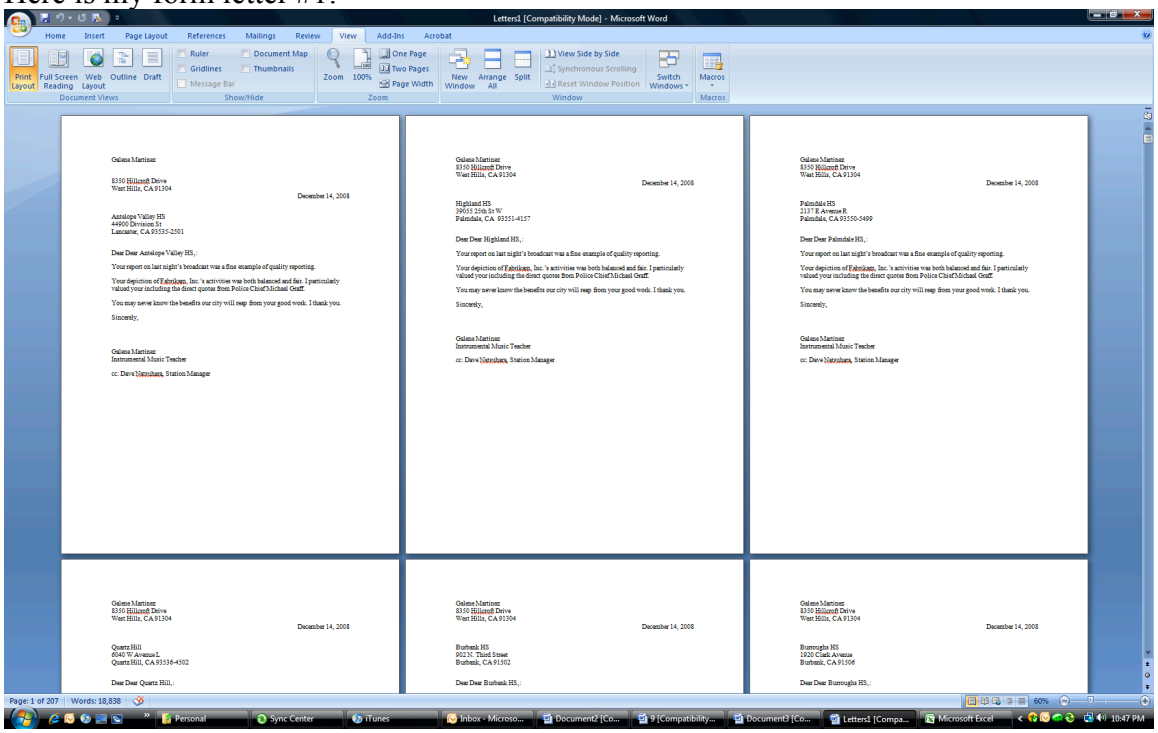
Century HS
100 N. Lakeview Canyon
Westlake Village, CA 91361-

Conejo Valley HS (Cont.)
1872 Newbury Road
Newbury Park, CA 91320-3495

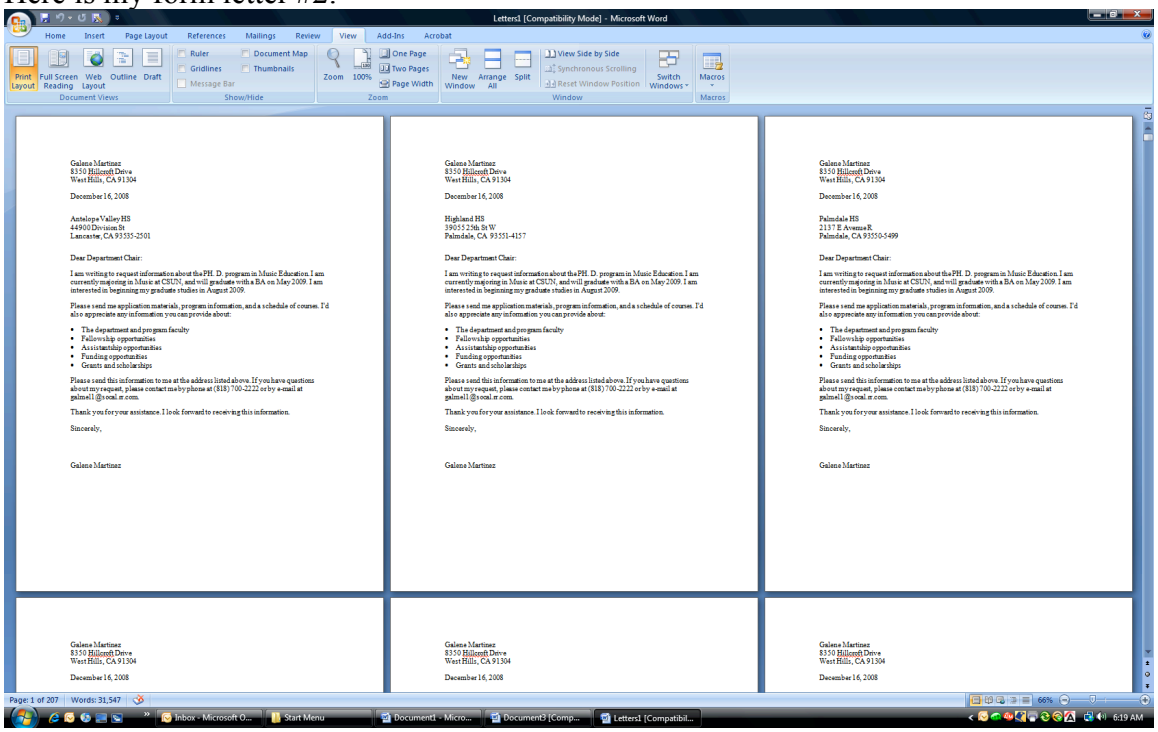
Newbury Park HS
456 N Reino Rd,
Newbury Park, CA, CA 91320-3798

Name: Galene Martinez
CSUN SED 514 Fall 2008

Here is my form letter #1:

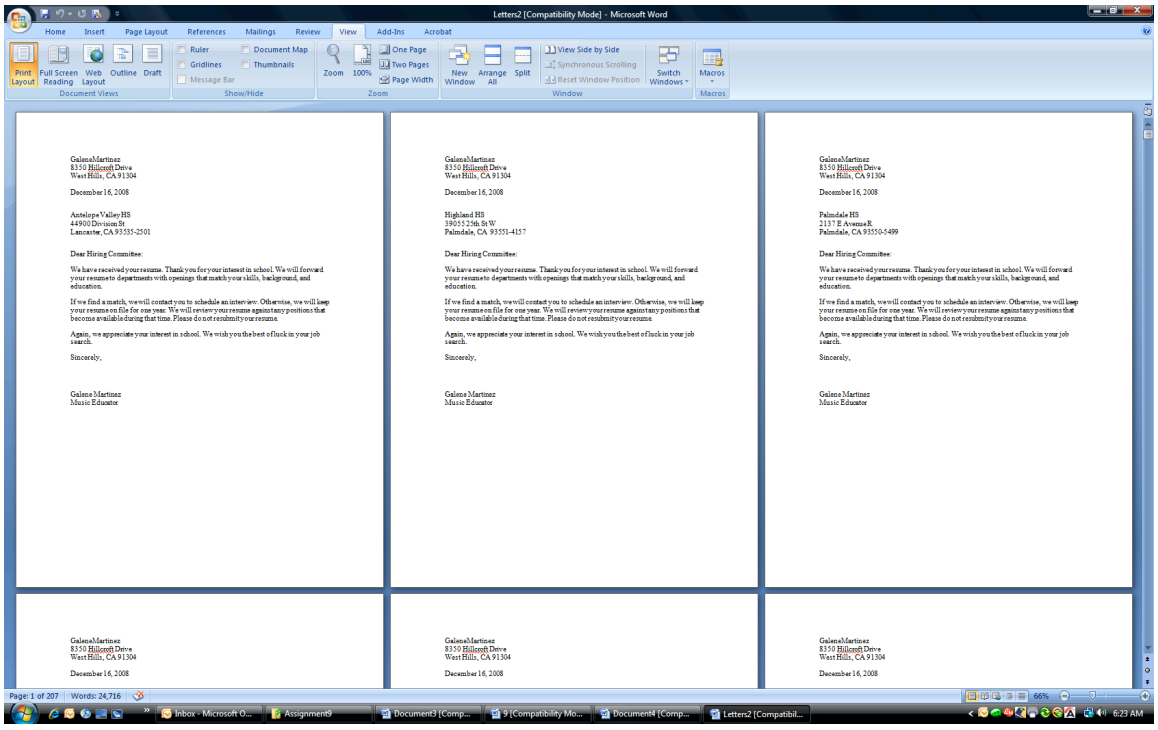


Here is my form letter #2:



Here is my form letter #3:

Name: Galene Martinez
CSUN SED 514 Fall 2008



(3) Creating / Enhancing databases for your subject: Teachers use programs like Excel to manage and organize large sets of data.

Create a new spreadsheet or a new worksheet in an existing database file. For example, if you are a social studies teacher, you may wish to add a worksheet to one of the databases designed for social studies teachers. Your worksheet should include a minimum of 10 records and 5 fields and should include an autofilter for easy record selection. The material should be related to the subject you teach. Include a printout of your new database in your portfolio, and post the Excel file (.xls) in your electronic portfolio (if required by professor).

Here is a spreadsheet I did with a list of my students, instruments they play, etc. I can filter it by instrument, name, etc.

Name: Galene Martinez
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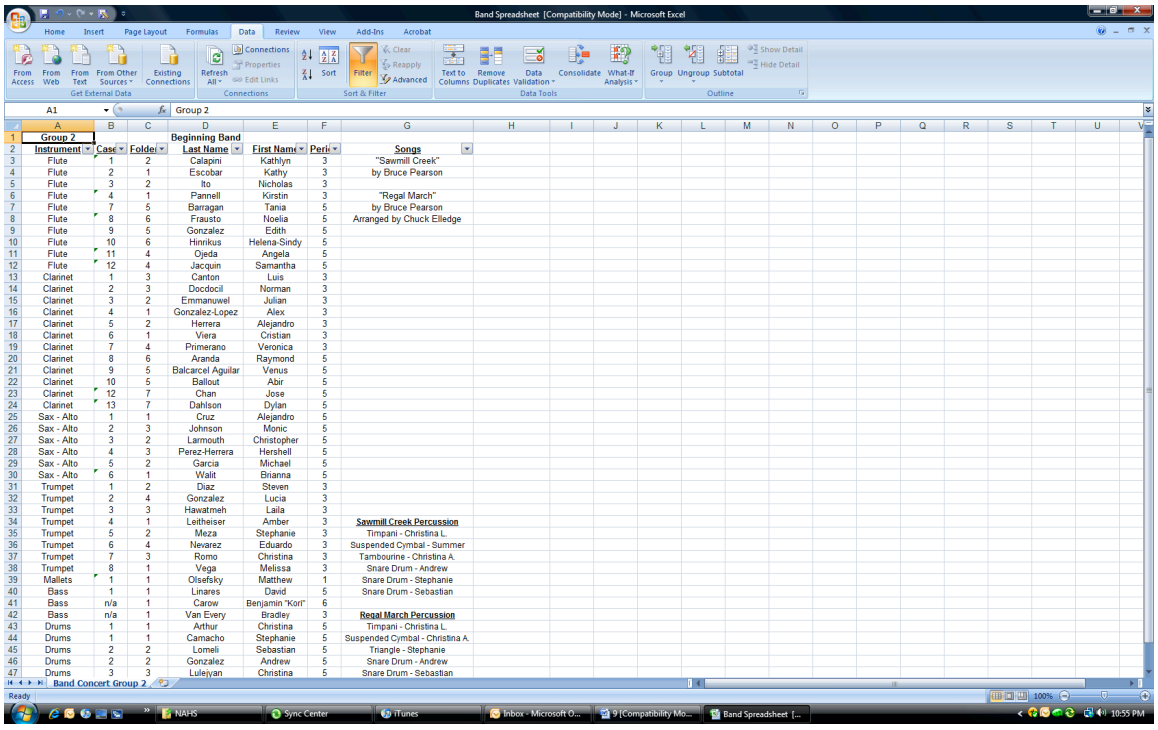

Group 2			Beginning Band			
Instrument	Case	Folder	Last Name	First Name	Period	Songs
Flute	1	2	Calapini	Kathlyn	3	"Sawmill Creek"
Flute	2	1	Escobar	Kathy	3	by Bruce Pearson
Flute	3	2	Ito	Nicholas	3	
Flute	4	1	Pannell	Kirstin	3	"Regal March"
Flute	7	5	Barragan	Tania	5	by Bruce Pearson
Flute	8	6	Frausto	Noelia	5	Arranged by Chuck Elledge
Flute	9	5	Gonzalez	Edith	5	
Flute	10	6	Hinrikus	Helena-Sindy	5	
Flute	11	4	Ojeda	Angela	5	
Flute	12	4	Jacquin	Samantha	5	
Clarinet	1	3	Canton	Luis	3	
Clarinet	2	3	Docdocil	Norman	3	
Clarinet	3	2	Emmanuwel	Julian	3	
Clarinet	4	1	Gonzalez-Lopez	Alex	3	
Clarinet	5	2	Herrera	Alejandro	3	
Clarinet	6	1	Viera	Cristian	3	
Clarinet	7	4	Primerano	Veronica	3	
Clarinet	8	6	Aranda	Raymond	5	
Clarinet	9	5	Balcarcel Aguilar	Venus	5	
Clarinet	10	5	Ballout	Abir	5	
Clarinet	12	7	Chan	Jose	5	
Clarinet	13	7	Dahlson	Dylan	5	
Sax - Alto	1	1	Cruz	Alejandro	5	
Sax - Alto	2	3	Johnson	Monic	5	
Sax - Alto	3	2	Larmouth	Christopher	5	
Sax - Alto	4	3	Perez-Herrera	Hershell	5	
Sax - Alto	5	2	Garcia	Michael	5	
Sax - Alto	6	1	Walit	Brianna	5	
Trumpet	1	2	Diaz	Steven	3	
Trumpet	2	4	Gonzalez	Lucia	3	
Trumpet	3	3	Hawatmeh	Laila	3	
Trumpet	4	1	Leitheiser	Amber	3	**Sawmill Creek Percussion**
Trumpet	5	2	Meza	Stephanie	3	Timpani - Christina L.
Trumpet	6	4	Nevarez	Eduardo	3	Suspended Cymbal - Summer
Trumpet	7	3	Romo	Christina	3	Tambourine - Christina A.
Trumpet	8	1	Vega	Melissa	3	Snare Drum - Andrew
Mallets	1	1	Olsefsky	Matthew	1	Snare Drum - Stephanie
Bass	1	1	Linares	David	5	Snare Drum - Sebastian
Bass	n/a	1	Carow	Benjamin "Kori"	6	
Bass	n/a	1	Van Every	Bradley	3	**Regal March Percussion**
Drums	1	1	Arthur	Christina	5	Timpani - Christina L.
Drums	1	1	Camacho	Stephanie	5	Suspended Cymbal - Christina A.
Drums	2	2	Lomeli	Sebastian	5	Triangle - Stephanie
Drums	2	2	Gonzalez	Andrew	5	Snare Drum - Andrew
Drums	3	3	Luleiyan	Christina	5	Snare Drum - Sebastian

(4) Using web-based databases: A growing number of educational databases are available on the Internet. Teachers can use these databases without having to teach the mechanics of a program like Excel.

- Use Nutritional Analysis Tool to develop a file that reflects your "normal" daily diet. Analyze your diet with respect to the United States Department of Agriculture's recommended daily allowances. Write a brief analysis of your diet, including histograms or tables. Write an assignment for a secondary school class (math, home economics, health etc.) which requires use of the database features of the Nutritional Analysis Tool, or Fast Food Facts. You may also wish to refer to the USDA Nutrient Data Laboratory

- Write a lesson plan which requires students to analyze data using a database related to your subject: Social Studies: nations , exchange rates , distance, census

  - Business: stocks & business
  - Science: genetics, proteins, plants, earthquakes, air pollution, hurricanes, chemicals
  - Health: health, nutrition
  - Music: classical, iTunes
  - Foreign language: foreign words, foreign dictionaries
  - Mathematics: stocks
  - Physical Education: sports
  - Art: art
  - English: public domain texts

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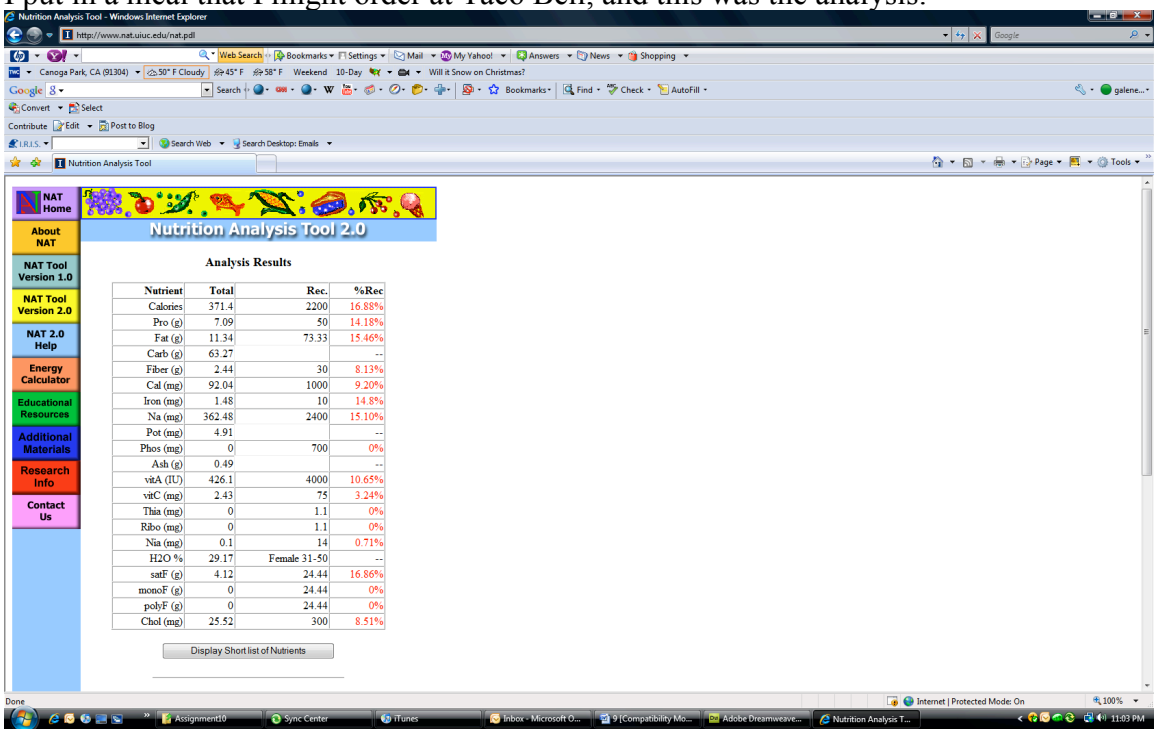
I put in a meal that I might order at Taco Bell, and this was the analysis:



I was actually surprised that it was not higher in fat and calories than it turned out to be. It is still, however, a very large percentage of the recommended daily intake as far as fat, calories, etc. I also saw that it have very little in the way of vitamins and other nutrients.

My nutrition assignment: I would like my music students to see if they are living healthy lifestyles, as you need to be in good health to play instruments like the drum set, any of the brass instruments, etc. I would like them to do a food log of an entire week. Logging exactly what they eat, and when for an entire 7 day period. I would then like them to enter the foods into the Nutritional Analysis Tool to see if they are in the proper intake range for their age and gender. Drummers must be in excellent shape, particularly cardiovascular, in order to play an entire concert. I would like to see if the students are going to be in the proper shape to play their instruments in class and outside of class.

My music database assignment: I found an excellent online music database which lists thousands of bands, and all of their albums. I would like to have my students come up with 3 bands that they feel have had a huge impact on recent music history (e. g. The Beatles), using the online music database, I would like for them to list the albums that had the greatest examples of their impact on recent music history and why.