

Chapter 5 Nutrients at Work



Mathematics Calorie Math

Directions Review the nutrient and calorie formulas. Then read the food descriptions and do the necessary calculations to answer each question.

$$T = \frac{\quad}{14}$$

NCTM Numbers and Operations Understand the meanings of operations and how they relate to one another.

Formulas
One gram of fat = 9 calories
One gram of protein = 4 calories
One gram of carbohydrate = 4 calories

$$\begin{array}{r} 30 \\ 27 \\ \hline 27 \end{array}$$

1. A serving of bagel chips contains 20 grams of carbohydrates, 3 grams of fat, and 3 grams of protein. Calculate how many calories are in one serving of the bagel chips.

134 calories

2. A serving of cranberry oat cereal contains 200 calories per serving. Each serving contains three grams of fat. How many calories in the serving come from protein and carbohydrate?
-
3. A $\frac{1}{2}$ cup serving of ice cream contains 140 calories. How many calories would be in a $\frac{3}{4}$ cup serving?
-
4. A $\frac{1}{2}$ cup serving of prepared stuffing contains 170 total calories. The serving gets 134 calories from protein and carbohydrate. How many grams of fat are in a serving of the stuffing?
-
5. Your aunt is 35 years old and a dedicated recreational runner. Her doctor says she should consume about 2,200 calories per day, with 60% in carbohydrate, 20% in protein, and 20% in fat. How many calories each of carbohydrates, protein, and fat should your aunt consume per day?
-
6. Using your calculations from question 5, how many grams of each of the three stated nutrients should your aunt eat per day?
-

Chapter 5 Nutrients At Work Answers

Daniela Niemeyer



Chapter 5 Nutrients At Work Answers:

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