

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

Siddappa N.Byrareddy



Chapter 5 Nutrients At Work Answers:

Inputs of Nutrients and Pollutants to Hawaiian Coastal Waters from Submarine Groundwater Discharge Karen Lisa Knee, 2010 Submarine groundwater discharge SGD is a spatially pervasive phenomenon that adds freshwater nutrients dissolved metals bacteria and other constituents to the coastal ocean This dissertation investigated SGD related inputs of nutrients and fecal indicator bacteria Escherichia coli and Enterococcus sp to coastal waters in two Hawaiian locations the north shore of Kauai and the Kona coast of Hawaii Concentrations of caffeine which has been used previously as a wastewater tracer were measured in groundwater and surface water on the north shore of Kauai Both study areas have relatively light levels of urban and agricultural development and maintaining good water quality is essential for their tourism based economies coral reefs fisheries and traditional way of life Radium Ra an element with naturally elevated concentrations in coastal groundwater was used as an SGD tracer and a mass balance approach was used to quantify SGD On the north shore of Kauai agriculture was associated with higher nitrate nitrite concentrations in the fresh SGD component while phosphate and silica appeared to be controlled by geological differences in aquifer substrate High ammonium concentrations in the fresh SGD component at one site may have been caused by a leaky cesspool In Kona no relation between urban development or agriculture and groundwater nutrient concentrations was observed but bare lava rock was associated with higher nitrate nitrite and silica concentrations in fresh SGD Sites closer to golf courses also had higher nitrate nitrite concentrations Conservative estimates of total SGD on the north shore of Kauai ranged from 1.3 to 7.8 L per meter per minute or up to 10% of Hanalei River discharge and SGD contributed significant nitrate nitrite inputs to Hanalei Bay Estimates of SGD in Kona ranged from 5 to 1200 L per meter per minute with between 10 and 100% of the brackish SGD comprised by the fresh SGD component SGD related water and nutrient fluxes on the Kona Coast where no rivers and streams are present were large compared to those reported for other sites worldwide Caffeine concentrations in environmental waters on the north shore of Kauai ranged from 0.88 ng/L on the low end of what has been reported for other locations Metribuzin an herbicide was also detected at concentrations from 4.11 ng/L in five groundwater and surface water samples A sensitivity analysis of Ra based methods of estimating water ages and coastal mixing rates revealed that water ages shorter than 3 d cannot be estimated with confidence using Ra based methods even if the only uncertainty considered is analytical error In conclusion this dissertation provides new data about SGD and related inputs of nutrients and bacteria to Hawaiian coastal waters suggests that even low levels of development may influence nutrient concentrations in coastal groundwater presents the first caffeine concentrations measured in environmental water samples collected in a tropical setting and explores the limits of applicability of Ra based methods of estimating water ages and coastal mixing rates providing guidance for researchers conducting Ra based SGD studies in the future

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themselves succeed in school get along better at home and form healthy enjoyable relationships with peers In kid friendly language and a format that welcomes reluctant and easily distracted readers this book helps kids know they re not alone and offers practical strategies for taking care of oneself modifying behavior enjoying school having fun and dealing with doctors counselors and medication Includes real life scenarios quizzes and a special message for parents Survival Guides for Kids Helping Kids Help Themselves Straightforward friendly and loaded with practical advice the Free Spirit Survival Guides for Kids give kids the tools they need to not only survive but thrive With plenty of realistic examples and bright illustrations they are accessible encouraging kid friendly and even life changing Good Health for You, [grade] 1 John T. Fodor,1983

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