

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.

$$T = \frac{1}{14}$$

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

$$\begin{array}{r} 30 \\ 22 \\ \hline 27 \end{array}$$

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

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Chapter 5 Nutrients At Work Answers:

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