

FOOD MATH



GUIDELINES & CONVERSIONS

Two ways to measure food are in volume (e.g., cups) and weight (e.g., ounces).

1 American cup is equivalent to 8 ounces.

DAILY GUIDELINES BY FOOD TYPE:

Grains	6 ounces (oz.)
Vegetables	2 $\frac{1}{2}$ cups (c.)
Fruit	2 $\frac{1}{2}$ c.
Dairy	3 c.
Protein	5 oz.

Bear is hungry and wants to enjoy a balanced meal!
Can you use your math skills to design today's menu for him using the daily guidelines shown to the right?

Put a **B** for breakfast, **L** for lunch, **D** for dinner, and **S** for snack next to the items you choose. You can select an item more than once. Just make sure the totals for the day match the guidelines listed above!

MENU

VEGETABLES Total: 2 $\frac{1}{2}$ c.

- L $\frac{1}{2}$ c. baby carrots
- D 1 ear of corn = 1 c.
- ___ 1 baked potato = 1 c.
- ___ 1 sweet potato = 1 c.
- ___ 1 c. lettuce
- L 1 c. broccoli

DAIRY Total: 3 c.

- ___ 1 c. milk
- ___ $\frac{1}{2}$ c. yogurt
- D 1 c. American cheese
- ___ 1 c. cheddar cheese
- L 1 c. feta cheese
- B 1 c. fortified nut milk

GRAINS Total: 6 oz.

- ___ 1 slice bread = 1 oz.
- S 5 crackers = 1 oz.
- ___ 1 bowl of cereal = 1 oz.
- ___ 1 bowl of rice = 1 oz.
- L 1 bowl of pasta = 2 oz.
- D 1 bread bun = 2 oz.
- S 1 handful of popcorn = 1 oz.

FRUITS Total: 2 $\frac{1}{2}$ c.

- B 1 small apple = 1 c.
- ___ 1 large orange = 1 c.
- ___ 1 c. grapes
- L 1 peach = 1 c.
- S $\frac{1}{2}$ c. raisins
- ___ 1 wedge cantaloupe = $\frac{1}{2}$ c.
- ___ 1 wedge watermelon = 1 c.

PROTEIN Total: 5 oz.

- L 1 handful of nuts = 2 oz.
- ___ 1 bowl of pea soup = 2 oz.
- ___ 1 dollop nut butter = 1 oz.
- ___ 1 chicken leg = 3 oz.
- D 1 small burger = 3 oz.
- ___ 1 slice lunchmeat = 1 oz.

BONUS!

Bear would like a treat after dinner.
Select one dessert for him:

- X 1 slice honey cake
- ___ 1 scoop honey ice cream
- ___ 1 spoonful of honey

