

# 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.

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

### DAIRY Total: 3 c.

- \_\_\_ 1 c. milk
- \_\_\_  $\frac{1}{2}$  c. yogurt
- \_\_\_ 1 c. American cheese
- \_\_\_ 1 c. cheddar cheese
- \_\_\_ 1 c. feta cheese
- \_\_\_ 1 c. fortified nut milk

### GRAINS Total: 6 oz.

- \_\_\_ 1 slice bread = 1 oz.
- \_\_\_ 5 crackers = 1 oz.
- \_\_\_ 1 bowl of cereal = 1 oz.
- \_\_\_ 1 bowl of rice = 1 oz.
- \_\_\_ 1 bowl of pasta = 2 oz.
- \_\_\_ 1 bread bun = 2 oz.
- \_\_\_ 1 handful of popcorn = 1 oz.

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

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

### PROTEIN Total: 5 oz.

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

## BONUS!

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

- \_\_\_ 1 slice honey cake
- \_\_\_ 1 scoop honey ice cream
- \_\_\_ 1 spoonful of honey

