Foodie Fractions #3

1/3 cup avocado, diced 1/4 lb. ham, sliced Salt and pepper, to taste Green food coloring	1/4 lb. ham, sliced Salt and pepper, to taste	
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John's dad is surprising him with green eggs and ham for breakfast but he only needs a quarter of this recipe. Can you calculate how much of each ingredient John's dad needs for John's breakfast? Just in case John's sister, Olivia, joins him for breakfast, can you calculate half of this recipe as well?

Multiply each ingredient's amount by 1/4 or 1/2.

Measurement	X	1/4	1/2	Ingredient
1		tsp.	tsp.	olive oil
4				eggs
2/3		cup	cup	spinach
1/2		cup	cup	zucchini
1/3		cup	cup	avocado
1/4		lb.	lb.	ham