

Name: _____
Real World Math

Date: _____
Period: _____

Unit 4 Final Exam Review: Math & Nutrition

1. Compare the following food labels to answer questions a-d:

Pretzels

Nutrition Facts			
Serving Size 17 pieces (26g)			
Servings Per Container 10			
Amount Per Serving			
Calories 110	Calories from fat 15		
			% Daily Value*
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 600mg	25%		
Total Carbohydrate 21g	7%		
Dietary Fiber less than 1 g	3%		
Sugars 1g			
Protein 3g			
Vitamin A 0%	*		Vitamin C 0%
Calcium 0%	*		Iron 6%
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories	2,000	2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: ENRICHED WHEAT FLOUR (CONTAINS IRON AS FERROUS SULFATE, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN), SALT, VEGETABLE OIL (COTTONSEED AND/OR PARTIALLY HYDROGENATED SOYBEAN) CORN SYRUP SOLIDS, CORN SYRUP, CARAMEL COLORING, YEAST, SODIUM BICARBONATE AND SODIUM CARBONATE.

Potato Chips

Nutrition Facts			
Serving Size 1 oz. (28g/about 18 chips)			
Servings Per Container 6			
Amount Per Serving			
Calories 150		Calories from fat 90	
		% Daily Value*	
Total Fat 10g		10%	
Saturated Fat 2.5g		14%	
Cholesterol 0mg		0%	
Sodium 120mg		5%	
Total Carbohydrate 15g		5%	
Dietary Fiber less than 1 g		4%	
Sugars 0g			
Protein 2g			
Vitamin A 0%		*	Vitamin C 10%
Calcium 0%		*	Iron 2%
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, CORN, COTTONSEED, OR PARTIALLY HYDROGENATED [CANOLA, SOYBEAN OR SUNFLOWER] OIL), AND SALT

NO PRESERVATIVES

- Which has more calories?
- Which has more total fat?
- Which has less sodium?
- Which do you think is healthier for you? Why?

2. Use the following Macaroni and Cheese food label to answer questions a-d on for #2 and #3:

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

a. What is the serving size for the macaroni and cheese?

b. How many servings are in the entire box?

c. How many calories are in one serving?

d. How many calories would you consume if you ate the entire box of macaroni and cheese?

3. When you compare food products, pay attention to the Percent Daily Values. Remember: 5% DV or less is considered low and 20% DV or more is considered high. Use the macaroni and cheese food label above to answer questions a-d:

a. What is the %DV for Calcium?

b. Would the %DV for Calcium be considered high or low?

c. What is the %DV for Saturated Fat?

d. Would the %DV for Sodium be considered high or low?

4. Suppose pears cost \$2.25 per pound and there are approximately 4 pears in a pound. One medium pear contains approximately 8mg of vitamin C.

- a. If you have \$13.50, how many pounds of pears could you purchase?
- b. If you bought the pounds of pears from part a, how many pears would you have?
- c. If you ate all of the pears bought from part a, how many milligrams of vitamin C would you consume?

5. Which of the following food groups should you try to reduce as much as possible? _____

- a. Grains
- b. Vegetables
- c. Fruits
- d. Dairy
- e. Protein
- f. Added sugars and saturated fats

6. How can eating a nutritional breakfast help you? _____

- a. Jump starts your metabolism
- b. Helps you concentrate
- c. Gives you energy
- d. All of the above

7. Why are Calcium and Vitamin D important? _____

- a. Control muscle contractions
- b. Maintain and build strong bones
- c. Prevent Osteoporosis and bone fractures
- d. All of the above

8. Which of the following is NOT a nutritious mineral found in fruits and vegetables? _____

- a. Vitamin A
- b. Vitamin C
- c. Sodium
- d. Calcium
- e. Iron

9. Which of the following is NOT a good way to fight portion distortion? _____
- a. Go to an all-you-can-eat buffet
 - b. Share a meal with a friend
 - c. Take leftovers home to eat later
 - d. Use a smaller plate when serving yourself a meal
10. Why do some people eat fast food? _____
- a. Quick
 - b. Cheap
 - c. Taste
 - d. Convenience
 - e. All of the above
11. Which of the following is NOT a way your body gets energy out? _____
- a. Basal Metabolism (energy the body uses to maintain life)
 - b. Physical activity and exercise
 - c. Intake of calories
 - d. Thermic effect of food (energy needed to process food)
13. Who needs more calories per day to maintain their current weight? _____
- a. An active male
 - b. An active female
 - c. An inactive male
14. Why is physical activity important? _____
- a. Increase chances of living longer
 - b. Sleep better
 - c. Better concentration
 - d. Maintain a healthy weight
 - e. All of the above
15. Which of the following ways can doctors help you determine your ideal weight? _____
- a. Body mass index
 - b. Waist to hip ratio
 - c. Waist to height ratio
 - d. Body fat percentage
 - e. All of the above