

Area—Nutrition and Wellness

Problem—Breakfast Math

Standards

SD FACS Standards

FCS 6.3.1

Apply various dietary guidelines in planning to meet nutrition and wellness needs.

SD Mathematics Standards

Math 7.N.3.1

Students are able to use various strategies to solve one-and two-step problems involving positive fractions and integers

Problem

Students need to first determine the calories and grams of protein recommended for breakfast. Then they will choose ideal breakfast foods to meet those recommendations.

What will you need?

Worksheet

Calculator

Nutrition labels from a variety of breakfast food items

Suggestions: cereals, milk, eggs, bread, peanut butter, waffles,
syrup, bacon, pastries, pizza

How will you be evaluated?

Worksheet answers must meet your recommended levels.

Supplemental Materials

Worksheet (included)

Breakfast food nutrition labels (not included)