

Ratio and Proportional Reasoning: Food Labels

Final Assignment Instructions

In this lesson, you have learned how to apply some mathematics to food labels to help you make healthy choices. You will now write an essay that shares what you have learned and what you think about it. You will need a printout of your notes.

- **Choose** one of the topics below and **write** an essay.
- **Organize** your response so that it includes at least three supporting details that you have learned from the reading passage, video(s), and other materials in this lesson.
- **Use** at least three vocabulary words (or a form of the words) as part of your supporting details. For example, for the word *jump*, you could use *jumps*, *jumped*, or *jumping*.

Essay Topics

1. In your own words, describe the following:
 - The kind of information you can find on food labels.
 - How you would use that information to choose healthy foods.
 - What calculations you can do to help you make your decisions.
2. The nutritional labels of three items are shown below. If you wanted to choose a healthy snack, which one would you choose?
 - Use what you have learned in this lesson to discuss why your choice is a healthy one.
 - Then describe what would be your second choice and why.
 - Why is it important to pay attention to the amount of sugar and calories in the foods you eat?

Yogurt Serving size: 8 ounces	Orange Serving size: 1 orange	Granola Bar Serving size: 1 bar
Calories: 149 Calories from fat: 72 Sugar: 11 grams	Calories: 69 Calories from fat: 2 Sugar: 12 grams	Calories: 140 Calories from fat: 45 Sugar: 5 grams

Vocabulary Words

nutrients proportional reasoning
percentage ratio
proportion