



Math



Literacy

# AG-VENTURE WITH NUTRITION

Use the IAITC Nutrition Ag Mag to help you work through this worksheet!

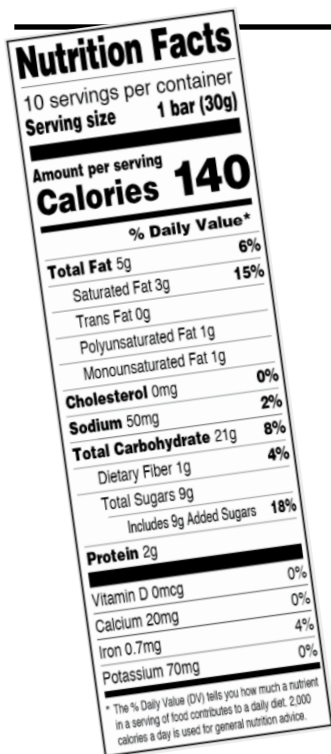
Nutrition is important, but why? Choose one category from the “MyPlate” diagram and use evidence from the text to explain why that category is important for your nutrition.

Can you figure out which food belongs in which category? Write the appropriate letter on the line next to each type of food!

**F = FRUIT**      **V = VEGETABLE**    **G = GRAIN**

**D = DAIRY**      **P = PROTEIN**

- |                    |                  |
|--------------------|------------------|
| _____ Brown Rice   | _____ Banana     |
| _____ Sausage Link | _____ Yogurt     |
| _____ Apple        | _____ Green Bean |
| _____ Toast        | _____ Ice Cream  |
| _____ Omelet       | _____ Spaghetti  |
| _____ Broccoli     | _____ Breadstick |
| _____ Butter       | _____ Steak      |



Food Labels allow us to check the nutrition and the ingredients of the food we're eating! The food label to the left is from a box of granola bars. Analyze the food label and then answer the questions below. Don't forget to show your work!

If you ate two servings, how many calories would you be consuming?

How many grams of carbohydrates would you consume if you ate 3 granola bars?

You consumed 30 calories of fat. How many granola bars did you eat?

How many grams of protein would you be consuming if you ate 5 granola bars?

# TEACHER RESOURCES

## ANSWER KEY

Nutrition is important, but why? Choose one category from the “MyPlate” diagram and use evidence from the text to explain why that category is important for your nutrition.

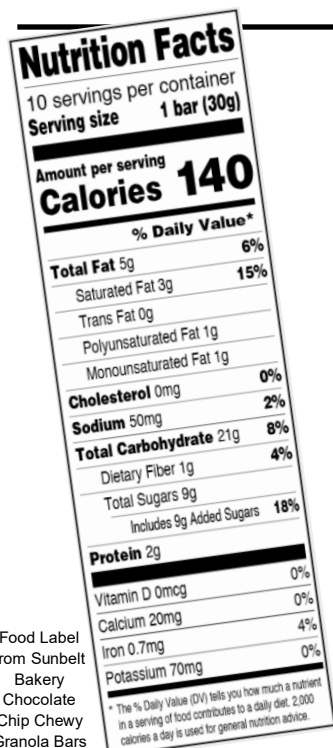
Answers will vary but should mention how these foods help their bodies. For example, Fruits are a good source of Vitamin C which helps with resisting infections, strengthening body cells, and promotes healing of wounds and bones.

Can you figure out which food belongs in which category? Write the appropriate letter on the line next to each type of food!

F = FRUIT      V = VEGETABLE      G = GRAIN

D = DAIRY      P = PROTEIN

<u>  G  </u>	Brown Rice	<u>  F  </u>	Banana
<u>  P  </u>	Sausage Link	<u>  D  </u>	Yogurt
<u>  F  </u>	Apple	<u>  V  </u>	Green Bean
<u>  G  </u>	Toast	<u>  D  </u>	Ice Cream
<u>  P  </u>	Omelet	<u>  G  </u>	Spaghetti
<u>  V  </u>	Broccoli	<u>  G  </u>	Breadstick
<u>  D  </u>	Butter	<u>  P  </u>	Steak



Food Label  
from Sunbelt  
Bakery  
Chocolate  
Chip Chewy  
Granola Bars

Food Labels allow us to check the nutrition and the ingredients of the food we're eating! The food label to the left is from a box of granola bars. Analyze the food label and then answer the questions below! Don't forget to show your work!

If you ate two servings, how many calories would you be consuming?

$$140 \text{ CALORIES} \times 2 = 280 \text{ CALORIES}$$

How many grams of carbohydrates would you consume if you ate 3 granola bars?

$$21\text{G} \times 3 = 63\text{G OF CARBOHYDRATES}$$

You consumed 30g of fat. How many granola bars did you eat?

$$30\text{G} \div 5\text{G} = 6 \text{ GRANOLA BARS}$$

How many grams of protein would you be consuming if you ate 5 granola bars?

$$2\text{G} \times 5 \text{ BARS} = 10\text{G OF PROTEIN}$$