

# FOOD MATH



## GUIDELINES & CONVERSIONS

Two ways to measure food are in volume (e.g., cups) and weight (e.g., ounces).  
 1 American cup is equivalent to 8 ounces.

### DAILY GUIDELINES BY FOOD TYPE:

Grains	4 ounces (1 c.)
Vegetables	2-3 cups (1 c.)
Fruit	2-3 c.
Dairy	3 c.
Protein	5 oz.

Bear is hungry and wants to enjoy a balanced meal!  
 Can you use your math skills to design today's menu for him using the daily guidelines shown to the right?

Put a **B** for breakfast, **L** for lunch, **D** for dinner, and **S** for snack next to the items you choose. You can select an item more than once. Just make sure the totals for the day match the guidelines listed above!

## MENU

### VEGETABLES Total: $2\frac{1}{2}$ c.

- \_\_\_\_\_  $\frac{1}{2}$  c. baby carrots
- \_\_\_\_\_ 1 ear of corn = 2 c.
- \_\_\_\_\_ 1 baked potato = 1 c.
- \_\_\_\_\_ 1 sweet potato = 1 c.
- \_\_\_\_\_ 1 c. lettuce
- \_\_\_\_\_ 1 c. broccoli

### DAIRY Total: 3 c.

- \_\_\_\_\_ 1 c. milk
- \_\_\_\_\_  $\frac{1}{2}$  c. yogurt
- \_\_\_\_\_ 1 c. American cheese
- \_\_\_\_\_ 1 c. cheddar cheese
- \_\_\_\_\_ 1 c. feta cheese
- \_\_\_\_\_ 1 c. fortified nut milk

### GRAINS Total: 6 oz.

- \_\_\_\_\_ 1 slice bread = 1 oz.
- \_\_\_\_\_ 5 crackers = 1 oz.
- \_\_\_\_\_ 1 bowl of cereal = 1 oz.
- \_\_\_\_\_ 1 bowl of rice = 1 oz.
- \_\_\_\_\_ 1 bowl of pasta = 2 oz.
- \_\_\_\_\_ 1 bread bun = 2 oz.
- \_\_\_\_\_ 1 handful of popcorn = 1 oz.

### FRUITS Total: $2\frac{1}{2}$ c.

- \_\_\_\_\_ 1 small apple = 1 c.
- \_\_\_\_\_ 1 large orange = 1 c.
- \_\_\_\_\_ 1 c. grapes
- \_\_\_\_\_  $\frac{1}{2}$  peach = 1 c.
- \_\_\_\_\_  $\frac{3}{4}$  c. raisins
- \_\_\_\_\_ 1 wedge cantaloupe =  $\frac{1}{2}$  c.
- \_\_\_\_\_ 1 wedge watermelon = 1 c.

### PROTEIN Total: 5 oz.

- \_\_\_\_\_ 1 handful of nuts = 2 oz.
- \_\_\_\_\_ 1 bowl of pea soup = 2 oz.
- \_\_\_\_\_ 1 dollop nut butter = 1 oz.
- \_\_\_\_\_ 1 chicken leg = 3 oz.
- \_\_\_\_\_ 1 small burger = 3 oz.
- \_\_\_\_\_ 1 slice lunchmeat = 1 oz.

### BONUS!

Bear would like a treat after dinner.  
 Select one dessert for him:

- \_\_\_\_\_ 1 slice honey cake
- \_\_\_\_\_ 1 scoop honey ice cream
- \_\_\_\_\_ 1 spoonful of honey



# Math For Life And Food Service

**Sari Edelstein**



## **Math For Life And Food Service:**

**Math for Life and Food Service** Lynn Gudmundsen,2002 For courses in Introduction to Food and Beverage Service Requiring a basic knowledge of arithmetic this text familiarizes students with some of mathematical skills involved in the food service industry It also focuses on the discipline and organization needed to achieve success using mathematics in everyday life

**Culinary Calculations** Terri Jones,2008-03-10 Culinary Calculations Second Edition provides the mathematical knowledge and skills that are essential for a successful career in today s competitive food service industry This user friendly guide starts with basic principles before introducing more specialized topics like costing AP EP menu pricing recipe conversion and costing and inventory costs Written in a non technical easy to understand style the book features a case study that runs through all chapters showing the various math concepts put into real world practice This revised and updated Second Edition of Culinary Calculations covers relevant math skills for four key areas Basic math for the culinary arts and food service industry Math for the professional kitchen Math for the business side of the food service industry Computer applications for the food service industry Each chapter within these sections is rich with resources including helpful callout boxes for particular formulas and concepts example menus and price lists and information tables Review questions homework problems and the ongoing case study end each chapter

**Real-Life Math** Tom Campbell,1998

**Life Cycle Nutrition** Sari Edelstein,2014-02-25 Revised and updated with the latest epidemiologic research the Second Edition of Life Cycle Nutrition An Evidence Based Approach explores nutritional foundations and the growth development and normal functioning of individuals through each stage of life With subjects as diverse as media influences on eating skipping breakfast fruit juice consumption and clinical nutrition this text gives students current knowledge helps them evaluate emerging knowledge and prepares them to uncover new knowledge for the public their clients and themselves The Second Edition takes a topical multi disciplinary approach to the physiological biochemical sociological and developmental factors that affect nutrient requirements and recommendations at the various stages of the life cycle The issues surrounding topics such as chronic disease in adults are discussed throughout the adult stage This approach makes it easier for students to relate nutrition concepts and epidemiologic research to the stages of life

**Math Workbook for Foodservice/lodging** Milton C. McDowell,Hollie W. Crawford,1988

**Metric Workbook--foodservice/lodging** Hollie W. Crawford,Milton C. McDowell,1976

**Resources in Education** ,1999-10

**American Book Publishing Record** ,2002

**Catalog** ,1980

**El-Hi Textbooks and Serials in Print** ,1987

**Bulletin** California Mathematics Council,1970

**El-Hi textbooks in print** R. R. Bowker LLC,1983

**Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

**School Food Service Journal** ,1985

**California School Directory** ,1964

**Library of Congress Subject Headings** Library of Congress,2009

**The College Board College Handbook** College Board,2008 This

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