Nutrition & Wellness for Life © 2012 Chapter 22: Consumer Math Skills—Math Activity

Math skills can help you be a savvy consumer. Whether you are buying food, services, clothing, or other items, math may be part of the process. Practice your consumer math skills in the activities below. Note that some of the math practices contain more than one question.

Activity Questions:

1. Suppose salmon filets are on sale for \$5.99 a pound. You need 3 servings of 4 ounces each plus 4 servings of 5 ounces each. How much salmon will you buy? What is the average cost per serving for the meal, not counting tax?

^{2.} Assume that Alicia decides to eat a bowl of ice cream. The Nutrition Facts panel says the ice cream has 140 calories per ½-cup serving. She scoops ice cream into the bowl, amounting to about 1 cup. How many calories will she consume? What percentage of her daily calorie requirement of 2,200 calories is this?

3. Suppose a Nutrition Facts panel says the food contains 5 grams of saturated fat per serving, which is 25% of the Daily Value. According to the panel, how many grams of saturated fat would be the limit for the day?

4. Suppose a Nutrition Facts panel says that a food contains 8 grams of total fat per serving, which is 12% of the Daily Value. Dan is an active teen who can reasonably consume 2,600 calories per day. His limit on daily fat is 30% of daily calories. What would the percent Daily Value for total fat be for him in a serving of this food?

5. Suppose Tristan wants to join a health club that charges a \$300 joining fee. The monthly payment is \$40. The club allows him to participate whenever he wants during club hours. With Tristan's schedule, he figures he can go to the club an average of 4 times per week for an hour each time and he'll miss 4 weeks total during the year. What is the average hourly cost for Tristan during the first year? Will the amount be the same in the second year? Explain.