

Adventures in Food and Nutrition! © 2012
Chapter 17: Salad Success—Math Activity

Build a Salad Bar

Salad bars feature a wide variety of foods. Most salad bar foods are fruits and vegetables. Salad dressings are also included. Salad bars may offer garnishes, too. The most appealing salad bars offer a variety of colorful, nutritious, and delicious ingredients.

Practice building a salad bar on a budget. You can spend \$20 to create a salad bar plan for you and four friends. Your salad bar should include at least six vegetables, two fruits, two salad dressings, and one garnish. You can use fresh, canned, dried, or frozen fruits and vegetables. At least four vegetables should be different colors. Plan enough food so each person can have at least 2½ cups of all the fruits and vegetables combined. Start by browsing the “aisles” of the online grocery store below and comparing prices. To save money, be sure to check this week’s specials.

<http://www.peapod.com/>

Vegetable and Color	Size	Price
<i>Ex.: Baby carrots (orange)</i>	<i>16 oz bag</i>	<i>\$1.79</i>
1		
2		
3		
4		
5		
6		
Fruits		
1		
2		
Garnish		
1		
Salad Dressings		
1		
2		
Total		

Activity Questions

1. What is the total amount you spent?

Name _____ Date _____

2. Which food item was the most costly?

3. Which food item was the least costly?

4. What changes would you make if you only had \$15 to spend?

5. What foods would you add if you had \$25 to spend?