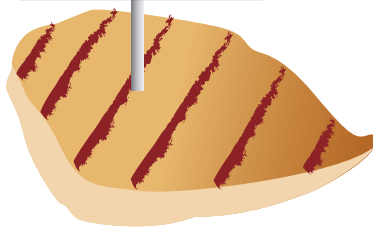


# ANIMAL AGRICULTURE A NUTRITIOUS CHOICE

**Directions:** Animal agriculture provides nutritious food options for you and your whole family! Check out the nutritional information on each product, and use this information to solve the math problems below!

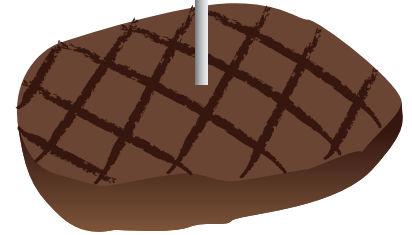
## ½ Chicken Breast Roasted

142 calories  
27 g protein  
 $\frac{9}{10}$  g saturated fat  
13 mg calcium  
 $\frac{9}{10}$  mg iron



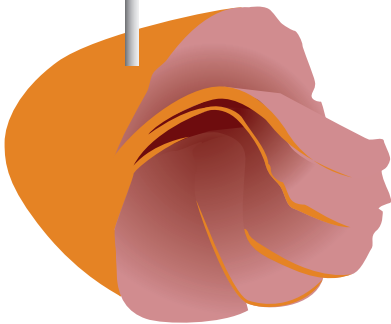
## Lean Beef Steak 3 oz serving

166 calories  
26 g protein  
 $2\frac{2}{5}$  g saturated fat  
9 mg calcium  
 $2\frac{2}{10}$  mg iron



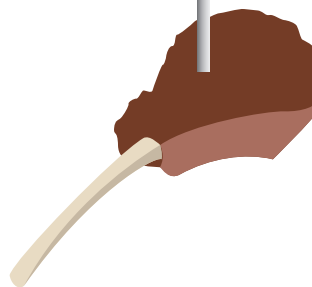
## Lean Ham 3 oz serving

133 calories  
21 g protein  
 $1\frac{3}{5}$  g saturated fat  
6 mg calcium  
 $\frac{7}{10}$  mg iron



## Lamb Chop 3 oz serving

237 calories  
30 g protein  
 $4\frac{3}{10}$  g saturated fat  
22 mg calcium  
 $2\frac{3}{10}$  mg iron



### Adding and Subtracting Fractions with Like Denominators

- 1) If you ate 3oz of Beef and 3 oz of Ham, how much total saturated fat would you consume?
- 2) What is the difference between the amount of iron in 3 oz of Beef and 3 oz of Lamb Chop?
- 3) What is the total amount of iron in all meats listed above?

### Multiplication of Fractions by Whole Numbers

- 4) If you ate 2 Chicken Breast halves (1 whole chicken), how many grams of saturated fat would you consume?
- 5) How much iron is there in 5 servings of lamb chops?
- 6) What would be the total protein and total saturated fat for 10 servings of lean beef?