Name: _____ Date: _____

Serving Size Math on the Cereal Box

Circle group

On the side of a cereal box is a panel of numbers. It is called the nutrition facts label. Most people look at the calories. But one line near the top matters even more. It is the serving size. Every other number on the label is for that amount.

Say a label shows one serving is three quarters of a cup. It has 120 calories. If you pour three quarters of a cup into your bowl, you eat 120 calories. If you pour one and a half cups, you eat two servings. So you multiply. Two servings is 240 calories. The sugar and fiber double too.

A serving size is not a rule about how much to eat. It is a measuring stick. It helps a shopper compare foods fairly. Two boxes of cereal can show different calories just because the servings are different sizes. Check the serving size first. Then the comparison is fair.

The label also tells how many servings are in the package. This can be a surprise. A bottle of juice may look like one drink. The label might say there are two servings inside. Read that line and do a little multiplying. Then you know what you are really eating or drinking.

Questions

1. What line on a nutrition label is every other number for?

_____

_____

2. In the example, how many calories are in one and a half cups of cereal?

_____

_____

3. Why do the sugar and fiber numbers double when you pour two servings?

_____

_____

4. What is a serving size meant to be?

_____

_____

5. Why might two cereals show different calories even if they are alike?

_____

_____

6. What might surprise a shopper about a bottle of juice?

_____

_____

Words to know

nutrition: the food a body needs to grow and stay healthy
calories: units that measure the energy in food
serving size: the amount of food that the label's numbers are based on
multiply: to add the same number again and again, as in 2 times 120
compare: to look at things side by side to see how they differ

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Serving Size Math on the Cereal Box

Triangle group

On the side of a cereal box is a panel of numbers called the nutrition facts label. Most people glance at the calories, but one line near the top matters even more. It is the serving size, because every other number on the label is figured for that amount.

Suppose a label says one serving is three quarters of a cup and has 120 calories. If you pour exactly three quarters of a cup into your bowl, you eat 120 calories. If you pour one and a half cups, you have eaten two servings, so you must multiply. Two servings is 240 calories, and the sugar, fiber and everything else on the label doubles as well.

A serving size is not a rule about how much you should eat. It is a measuring stick that lets a shopper compare foods fairly. Two boxes of cereal may show different calories only because their servings are different sizes. Checking the serving size first makes the comparison honest.

The label also says how many servings are in the package. This number can be a surprise. A bottle of juice may look like a single drink, yet the label might list two servings inside. Taking a few seconds to read that line, and doing a little multiplication, shows what you are really eating or drinking.

Questions

1. What line on a nutrition label is every other number figured for?

_____

_____

2. In the example, how many calories are in one and a half cups of cereal?

_____

_____

3. Why do the sugar and fiber numbers double when you pour two servings?

_____

_____

4. What is a serving size meant to be?

_____

_____

5. Why might two cereals show different calories even if they are alike?

_____

_____

6. What might surprise a shopper about a bottle of juice?

_____

_____

Words to know

nutrition: the food a body needs to grow and stay healthy
calories: units that measure the energy in food
serving size: the amount of food that the label's numbers are based on
multiply: to add the same number again and again, as in 2 times 120
compare: to look at things side by side to see how they differ

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Serving Size Math on the Cereal Box

Square group

Printed on the side of a cereal box is a panel of figures known as the nutrition facts label. Most people glance only at the calories, but one line near the top deserves more attention than any other. That line is the serving size, because every remaining number on the label has been calculated for precisely that amount.

Suppose a label states that a single serving is three quarters of a cup and contains 120 calories. If you pour exactly three quarters of a cup into your bowl, you consume 120 calories. If you pour a cup and a half, however, you have eaten two servings, and you must therefore multiply. Two servings amounts to 240 calories, and the sugar, fiber and every other entry on the label doubles as well.

A serving size is not a rule about how much a person ought to eat. It is a measuring stick that allows shoppers to compare different foods fairly. Two boxes of cereal may display different calorie counts simply because their servings are different sizes, so checking the serving size first keeps the comparison honest.

The label also reports how many servings the entire package contains, and that figure can come as a surprise. A bottle of juice may look like a single drink, yet its label might list two servings inside. Spending a few seconds reading that line and doing a little multiplication reveals what you are really eating or drinking.

Questions

1. Which line on a nutrition label is every other number calculated for?

_____

_____

2. In the example, how many calories are in a cup and a half of cereal?

_____

_____

3. Why do the sugar and fiber entries double when you pour two servings?

_____

_____

4. What is a serving size meant to be, according to the passage?

_____

_____

5. Why might two similar cereals display different calorie counts?

_____

_____

6. What might come as a surprise to a shopper about a bottle of juice?

_____

_____

Words to know

nutrition: the food a body needs to grow and stay healthy
calories: units that measure the energy in food
serving size: the amount of food that the label's numbers are based on
multiply: to add the same number again and again, as in 2 times 120
compare: to look at things side by side to see how they differ

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Serving Size Math on the Cereal Box

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Serving Size Math on the Cereal Box

Easier · 204 words · Flesch-Kincaid grade 3.9

1. The serving size.
2. 240 calories.
3. Every number on the label is for one serving, so two servings doubles them.
4. A measuring stick for comparing foods, not a rule about how much to eat.
5. Their serving sizes may be different.
6. It may hold two servings even though it looks like one drink.

Triangle: Serving Size Math on the Cereal Box

This passage · 218 words · Flesch-Kincaid grade 7.1

1. The serving size.
2. 240 calories.
3. Every number on the label is figured for one serving, so two servings doubles them.
4. A measuring stick for comparing foods, not a rule about how much to eat.
5. Their serving sizes may be different.
6. It may hold two servings even though it looks like one drink.

Square: Serving Size Math on the Cereal Box

Harder · 239 words · Flesch-Kincaid grade 9.6

1. The serving size.
2. 240 calories.
3. Every number on the label is calculated for one serving, so two servings doubles each one.
4. A measuring stick for comparing foods fairly, not a rule about how much to eat.
5. Their serving sizes may be different.
6. It may contain two servings even though it looks like a single drink.