

Name _____

Portion Power Answer Key

1. 300 calories
2. 15 g of total fat
3. 720 mg of sodium
4. 27 g of carbohydrates
5. 16 g of protein
6. 3 servings. Three servings equal 450 calories, which is under 500.
7. 2 servings per day equals 300 calories per day. Over 7 days, that is 2,100 total calories.

Teacher's Guide

- Use this worksheet for Grades 5-7 during nutrition, health, or integrated math and reading instruction.
- Review how to **multiply decimals and whole numbers** before students begin.
- For differentiation, allow struggling learners to use a calculator after completing at least two problems by hand.
- For engagement, connect the snack to real life by asking students when they might realistically eat more than one serving.
- For extension, challenge students to create their own food label and write three serving size switch up questions for a partner.
- Emphasize how **serving size affects nutrition choices** and real world health decisions.