

## Plates and Portions

Using the information on this page and the next, answer the questions on page 3.



**8 inch plate:**

- ½ cup brown rice
- 1 grilled chicken thigh
- 3/8 of a large apple
- ¾ cup broccoli



**10 ¾ inch plate:**

- ¾ cup brown rice
- 1 ½ grilled chicken thighs
- 5/8 of a large apple
- 1 ¼ cup broccoli

## Brown Rice

<b>Nutrition Facts</b>	
Serving Size 1 cup (195.0 g)	
Amount Per Serving	
<b>Calories</b> 218	Calories from Fat 15
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.6g	<b>2%</b>
Saturated Fat 0.3g	<b>2%</b>
Polyunsaturated Fat 0.6g	
Monounsaturated Fat 0.6g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrates</b> 45.8g	<b>15%</b>
Dietary Fiber 3.5g	<b>14%</b>
<b>Protein</b> 4.5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

\* Based on a [2000 calorie diet](#)

## Grilled Chicken Thighs

<b>Nutrition Facts</b>	
Serving Size 1 thigh, bone and skin removed (55.0 g)	
Amount Per Serving	
<b>Calories</b> 107	Calories from Fat 48
	<b>% Daily Value*</b>
<b>Total Fat</b> 5.4g	<b>8%</b>
Saturated Fat 1.5g	<b>7%</b>
Polyunsaturated Fat 1.2g	
Monounsaturated Fat 2.0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 41mg	<b>2%</b>
<b>Total Carbohydrates</b> 0.0g	<b>0%</b>
<b>Protein</b> 13.8g	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 4%

\* Based on a [2000 calorie diet](#)

## Steamed Broccoli

<b>Nutrition Facts</b>	
Serving Size 1 cup	
Amount Per 1 Serving	
<b>Calories</b> 30	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Trans Fat 0.0g	
Polyunsaturated Fat 0.0g	
MonoUnsaturated Fat 0.0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 0.0mg	<b>0%</b>
<b>Total Carbohydrates</b> 4.0g	<b>2%</b>
Dietary Fiber 0.0g	<b>0%</b>
<b>Protein</b> 2.0 g	<b>4%</b>

\* Based on a [2,000 calorie diet](#).

## Large Apple

<b>Nutrition Facts</b>	
Serving Size: 1 large apple / 212g / 3 1/4 inch apple	
Amount per Serving	
<b>Calories</b> 100	Calories from Fat 3.2
	<b>% Daily Value*</b>
<b>Total Fat</b> 0.36g	<b>0%</b>
Saturated Fat 0.06g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 29.28g	<b>9%</b>
Dietary Fiber 5.1g	<b>20%</b>
Sugars 22.03g	
<b>Protein</b> 0.55g	<b>1%</b>
Est. Percent of Calories from:	
Fat	2.6%
Carbs	95.6%
Protein	1.8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**For each question write an equation and then solve to find the answer.  
Remember to check serving sizes.**

**1. How many calories are on the 8 inch plate?**

\_\_\_\_\_ Rice calories:

\_\_\_\_\_ Chicken calories:

\_\_\_\_\_ Broccoli calories:

\_\_\_\_\_ Apple calories:

\_\_\_\_\_ Total calories:

**2. How many calories are on the 10  $\frac{3}{4}$  inch plate?**

\_\_\_\_\_ Rice calories:

\_\_\_\_\_ Chicken calories:

\_\_\_\_\_ Broccoli calories:

\_\_\_\_\_ Apple calories:

\_\_\_\_\_ Total calories:

**3. How many more calories are in the food on the 10  $\frac{3}{4}$  inch plate? (Show equation)**

**4. Bonus: Write the number of calories on the 10  $\frac{3}{4}$  inch plate as a mixed fraction using the 8 inch plate as the base.**