

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

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

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

Grilled Chicken Thighs

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

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

Steamed Broccoli

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

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

Large Apple

Nutrition Facts	
Serving Size: 1 large apple / 212g / 3 1/4 inch apple	
Amount per Serving	
Calories 100	Calories from Fat 3.2
	% Daily Value*
Total Fat 0.36g	0%
Saturated Fat 0.06g	0%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 29.28g	9%
Dietary Fiber 5.1g	20%
Sugars 22.03g	
Protein 0.55g	1%
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 number using the 8 inch plate as the denominator.