

## Fruits and Vegetables Problem Sheet

1. Tom ate a salad for lunch. His salad had 3 servings of his "5 to 10 a day." Fill in the blanks to tell how much of each item he could have eaten to get 3 servings. [HINT: There is more than one correct answer.]

\_\_\_\_\_ mL lettuce leaves  
\_\_\_\_\_ mL spinach leaves  
\_\_\_\_\_ g carrots  
\_\_\_\_\_ g tomatoes

2. The salad Tom ate for lunch contained 3 servings of fruits and vegetables. If he had a small glass of 100% juice for breakfast with his cereal, how many servings of fruits and vegetables does he need to eat for supper to get his "5 to 10 a day"?
3. Juanita loves Carrot & Mango salad. At lunch she ate salad that contained 80 g of shredded carrots, 104 g of mango and 250 mL of lettuce leaves. How many servings of fruits and vegetables did she get from the salad?
4. Jerry loves Fruit 'N' Juice Shakes for an afternoon snack. To make the shake, he used 1 banana, 190 mL of 100% orange juice, 250 mL of low fat vanilla yogurt, and 150 g of strawberries. How many servings of fruit are in this recipe? If the recipe makes enough for 2 glasses, how many servings of fruits will Jerry have if he and his friend Chad each have a shake?
5. Evelyn helped with dinner by cooking both broccoli and carrots in the microwave. She ate 100 g of broccoli and 80 g of carrots. How many servings of vegetables did she get from her dinner that night?
6. Have you ever stopped to measure your salads? Well, Glenys decided it would help her figure out her "5 to 10 a day", so she began to measure the salads she made for her family. She makes salads for 4 like this: 500 mL of spinach, 112 g of romaine lettuce, 160 g of carrots, 300 g of tomatoes, 100 g of cauliflower florets, and 100 g of broccoli florets. Add up the total number of servings for this salad, and figure out how many servings each person will get if all 4 people at the table get the same amount.
7. Dorum loves fruit salads, and decided to help make one for dinner. He is making a salad for 6 people. The salad contains 750 mL of watermelon chunks, 250 mL of grapes, 310 g of pineapple chunks, and 480 g of apples. He divides the salad into 6 bowls. How many servings of fruit salad will each person get?
8. Fernando and Omar made Musical Fruit Melodies for their school project. They made enough for 4 bowls. How many servings of fruits can you get if you have one bowl of their Musical Fruit Melodies. Here's the fruit they used in their recipe.

310 g chunked fresh pineapple	= 2 servings
125 g of banana	= 1 serving
250 mL of grapes	= 1 serving
160 g of orange	= 1 serving
160 g of apple	= 1 serving
508 g of carambola	= 4 servings
268 g of cantaloupes	= 2 servings