

Problems Answer Sheet

1. There can be any combination of the four ingredients to reach 3 servings:

mL lettuce leaves	250 mL/serving
mL spinach leaves	250 mL/serving
g carrots	80 g/serving
g tomatoes	150 g/serving

2. To reach 5 to 10 servings Tom needs 1 to 6 servings with his lunch.

$$10 (3 + 1) = 6$$

$$5 (3 + 1) = 1$$

3. Juanita had 3 servings of fruits and vegetables in her salad.

Item	Serving size		Number of servings
80 g carrots	80 g/serving	80 g/80 g/serving	1 serving
104 g mango	104 g/serving	104 g/104 g/serving	1 serving
250 mL lettuce	250 mL/serving	250 mL/serving	<u>1 serving</u>
Total			3 servings

4. Jerry and Chad will each have 2 servings of fruit if they share the 4 servings shake equally.

Item	Serving size		Number of servings
1 banana	1 medium banana		1 serving
190 mL orange juice	190 mL/serving	190 mL/190 mL/serving	1 serving
250 mL yogurt	250 mL/serving	250 mL/250 mL/serving	1 serving
150 g of strawberries	150 g/serving	150 g/150 g/serving	<u>1 serving</u>
Total			4 servings

5. Evelyn consumed 2 servings of vegetables.

Item	Serving size		Number of servings
80 g carrots	80 g/serving	80 g/80 g/serving	1 serving
100 g broccoli	100 g/serving	100 g/100 g/serving	<u>1 serving</u>
Total			2 servings

6. Glenys has prepared a total of 10 servings which would be 2.5 servings/person if all 4 people shared equally in the salad.

Item	Serving size		Number of servings
160 g carrots	80 g/serving	160 g/80 g/serving	2 servings
500 mL spinach	250 mL/serving	500 mL/250 mL/serving	2 servings
112 g romaine lettuce	56 g/serving	112 g/56 g/serving	2 servings
100 g cauliflower	100 g/serving	100 g/100 g/serving	1 serving
300 g tomatoes	150 g/serving	300 g/150 g/serving	2 servings
100 g broccoli	100 g/serving	100 g/100 g/serving	<u>1 serving</u>
Total			10 servings

7. Each of the 6 people will get 1.5 servings of fruit salad.

Item	Serving size		Number of servings
750 mL watermelon	250 mL/serving	750 mL/250 mL/serving	3 servings
250 mL grapes	250 mL/serving	250 mL/250 mL/serving	1 servings
310 g pineapple	155 g/serving	310 g/155 g/serving	2 servings
480 g of apples	160 g/serving	480 g/160 g/serving	<u>3 servings</u>
		Total	9 servings

8. Fernando and Omar have made a fruit salad with a total of 12 servings of fruit. If an equal amount is placed in each bowl one bowl will have 3 servings (12/servings/4bowl) of fruit salad.

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	<u>2 servings</u>
Total	12 servings