

# Nutrition Math

EDCI 415 & EDCI 521  
*La Sierra University • School of Education*

Math is part of life just waiting to be discovered, so teachers need to find ways to help students develop “math vision.” Nutrition is one cross-curriculum area where math can be discovered and used.

## **Directions:**

1. Bring the 5 empty (or full) packages of a variety of processed foods such as cereals, yogurt, cookies, ice cream, candy bars, soda cans, etc.
2. Fill in data sheet to collect information on sugar, fat, other carbohydrates, sodium, and fiber.
3. There are:
  - 4.2 grams of sugar in a teaspoon
  - 2400 mg. of sodium per teaspoon of salt
4. Divide grams of sugar by 4.2 to find out how many teaspoons of sugar.<sup>1</sup>
5. How would you find out the number of teaspoons of sodium?
6. Discuss Breakfast Math handout.

## **Web Resources:**

Shake the Salt Habit

<http://www.americanheart.org/presenter.jhtml?identifier=2106>

Gram Conversions

[http://www.gourmetsleuth.com/gram\\_calc.htm](http://www.gourmetsleuth.com/gram_calc.htm)

Sugar Facts

<http://www.sugar.org/facts/questions.html>

Calculating Sugar Facts – Lesson Plan

[http://www.doe.state.la.us/conn/lessonplans.php?task=LP\\_view&lesson\\_id=1083&di\\_spPage=8](http://www.doe.state.la.us/conn/lessonplans.php?task=LP_view&lesson_id=1083&di_spPage=8)

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<sup>1</sup>“You Asked Us” (February, 2004). *Prevention*.