ACTIVITY 4A FOOD LABELS
STUDENT WORKSHEET

Remember that an important recommendation, especially for Americans, is to keep the percent of calories from fat less than or equal to 30%. To find the percent of calories from fat:

Example:

1) Divide the calories from fat by the total number of calories.

1) $\frac{\text{calories from fat}}{\text{total calories}}$ $\frac{30}{220} = 0.1363636$

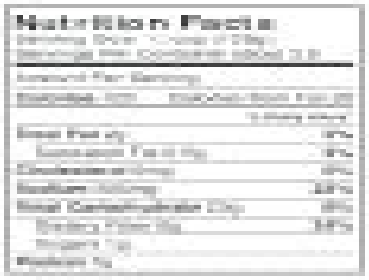
2) Multiply by 100 to change the decimal into a percent.

2) 0.1363636 x 100 = 13.63636
0.1363636 = 13.63636%

3) Round to the nearest whole percent.

3) 13.63636% = 14%

REFRIED BEANS



1. How much is one serving of beans? _____
2. How many calories are in one serving of beans? _____
3. How many calories from fat are in one serving of beans? _____
4. Find the percent of calories from fat in these beans. _____
5. How many calories are in one cup of beans? _____

PEANUT BUTTER SANDWICH CRACKERS

6. What is the serving size of the peanut butter sandwich crackers? _____
7. How many calories are in one serving of crackers? _____
8. How many calories from fat are in one serving of crackers? _____
9. Find the percent of calories from fat in the crackers. _____
10. If there are six crackers per package, how many calories in one cracker? _____

UNIT 4

Activity 4a Food Labels Student Worksheet Answer Key

Robert R. Redfield

Activity 4a Food Labels Student Worksheet Answer Key:

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diagram of fuse box for vw scirocco 2008

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SEAT Altea (2005-2015) fuses Fuse box diagram (location and assignment of electrical fuses) for SEAT Altea (2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015). Seat Altea 2008 Fuse Box The fuse box is located under the instrument panel behind the cover on the driver's side. Engine compartment fuse box location: Fuse Box Diagram | Layout. Seat Altea XL fuse box diagrams for all years Explore interactive fuse box and relay diagrams for the Seat Altea XL. Fuse boxes change across years, pick the year of your vehicle: Is ... Seat Altea (2005) - fuse box diagram Mar 8, 2018 — Seat Altea (2005) – fuse box diagram · Fuses box on the left side of dash panel · Location under steering wheel, on relay carrier · Fuses layout in ... Seat Altea 2010 Fuse Box The fuse box is located under the instrument panel behind the cover on the driver's side. Engine compartment fuse box location: Fuse Box Diagram | Layout. SEAT Fuse & Relay Diagram. PDF Download - Volkswagen Here you will find SEAT fuse box diagrams, Relay and Fitting locations: SEAT Arona, Ateca, Alhambra, Ibiza / Cordoba, Toledo / Altea, Leon, Arosa, Inka, ... 1994 Acura Vigor Repair Shop Manual Original Supplement This factory information shows you how to repair your vehicle. This book is a supplement to the main 1993 service manual. The information in this book is ... Repair Manuals & Literature for 1994 Acura Legend Get the best deals on Repair Manuals & Literature for 1994 Acura Legend when you shop the largest online selection at eBay.com. Free shipping on many items ... Acura Vigor Manual by ayradoran14 Jul 3, 2020 — Acura Vigor Manual. Page 1. 1992-1994 ACURA Vigor Service Repair Manual. Document details. Acura Vigor Manual. Published on Jul 3, 2020. 1994 Acura Vigor Service Repair Shop Manual ... - Etsy 1994 Acura Vigor Service Repair Shop Manual Supplement FACTORY OEM BOOK 94 Used. 1992 Acura Vigor Shop Service Manual 2 Volume Set ... 1992 Acura Vigor Factory Service Manuals - All 1992 Vigor Models Including LS & GS | 2.5L

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