

5-1. WHAT ARE YOU EATING?

According to the sample label above, one serving of Cheesy Mac macaroni and cheese contains **15%** of the recommended daily amount of saturated fat that a person should eat.

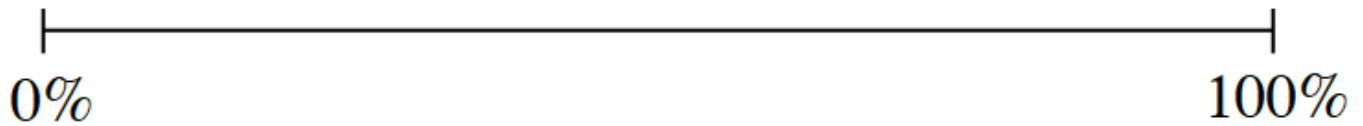
Nutritionists recommend that a person should have no more than a certain amount of saturated fat each day. One serving of Cheesy Mac has 3 grams (3g) of saturated fat. How many grams of saturated fat should a person eat in one day?

Your Task: With your team, determine how many grams of saturated fat a person should eat each day. Look for more than one way to solve the problem and be ready to explain your reasoning.

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5-2. To help you represent the situation, we can use the number line below:

Recommended Daily Intake of Saturated Fat



a. With your team, decide how to **partition** the line (divide it into equal parts) so that 15% is shown.

b. The amount of saturated fat in one serving of Cheesy Mac is 3 grams. Where should 3g be labeled on the number line? Add this number to your diagram and justify your decision.

c. Use your diagram to help you decide how much saturated fat is in the recommended daily serving. Record your thinking.