

Answer Key

Cinnamon Carrot Crunch

Kitchen math and science

K

- Carrots are a great source of what vitamin? Vitamin K
- On average, how many pounds of carrots does a person eat each year? 10-14 (Hint: Use your Veggie Mania Research Chart)
- In 5 years, how many pounds of carrots does the average person eat? about 50

Show your work here:

$$\begin{array}{r} 10 \\ 5 \\ \hline 50 \end{array}$$

- How many cups does 1 stalk of chopped celery fit into? about 1/2
- Circle the bigger measure:
teaspoon tablespoon

Kitchen math and science

K

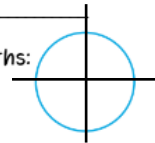
- What vitamin does leaf lettuce have a lot of? K
- Which is larger (circle one)? tablespoon or teaspoon
- The recipe calls for 2 tablespoons of honey but you have only 1 teaspoon. How many teaspoons would it take to equal 2 tablespoons? 6 (hint: 1 tablespoon equals 3 teaspoons)
- If you doubled the recipe, how many cups of strawberries would you need? 1/2 pound or two cups
- Look at the nutrition label. How much more vitamin C is there than vitamin A? varies

Spinach Quesadillas

Kitchen math and science

C

- What vitamin does spinach have a lot of? C
- Draw lines to cut this quesadilla into fourths:
- How many pieces of the quesadilla above would you and one other family member have if you were splitting it evenly? 2
- If you have two $\frac{1}{4}$ sections of a quesadilla, what fraction of a whole tortilla does this represent? 1/2
- How many grams (g) of protein are in 1 quesadilla? about 18
(Use the nutrition label to find this information.)



Kitchen math

- The recipe calls for ingredients to serve 8 people. If we needed to feed 16 people:
How many tablespoons of soy sauce would you need? 6 tablespoons
How much sugar would you need? 2/3 cup
- What are the three liquid ingredients used in the recipe?
Vinegar
Soy Sauce
Vegetable Oil
- Which vitamin has the largest percentage of the daily value in this recipe? Vitamin A
- What is the difference in the amounts of calcium and iron?
10%

B. Red Leaf Lettuce and Strawberry Salad

Bok Choy Noodle Crisp

Kitchen math

1. In the circle below, add: >, <, or =

1 whole zucchini  1 cup of chopped zucchini

2. How many total calories are in 1 serving of this dish? 70 Calories
3. If you have 2 servings, how many calories would that be?
140 Calories
4. If we needed to double this recipe for a party, how much Parmesan cheese would we need? 1/2 cup

Kitchen math

1. About how many cups will a pound of sugar snap peas fill?
4 cups
2. The recipe calls for 2 teaspoons of olive oil and 1 tablespoon of fresh lemon juice. Which is more? lemon juice
3. One serving of Mint Sugar Snap Peas has 12 percent of the fiber we need each day. Look closely at the nutrition label. How many grams of fiber is that? 25 grams
4. Which vitamin has the largest percentage of the daily value for this recipe? vitamin C

Kitchen math and science

1. Why is the first step in this recipe important? _____
To keep things clean.
2. If you measure the tomatoes before they are cut, there should be about 2 cups. After they are cut, measure them again. How does the new measurement compare to the 2 cups of whole grape tomatoes (circle one)?
More Less Same
3. How many calories are in 1 serving of this recipe? 70 calories
4. Before adding the chopped cilantro, measure it. How much cilantro will you be adding to this recipe? Varies

Kitchen math and science

1. What parts of the cauliflower and broccoli are edible (Circle two)?
 Roots Stems Leaves Flower Fruit Seeds
2. Look at the nutrition label for this recipe. If you eat one serving (1/2 cup), how many calories will you have eaten? 110 calories
3. How many calories would be in 2 servings? 220 calories
4. What is the first step in this recipe? wash hands
Clean your cooking area
5. Which is more: 3 tablespoons or 1/2 cup? 1/2 cup

Kitchen math and science

1. What percentage of the daily value of vitamin A is in 1 serving of Sunflower Spinach Chard Power Salad? 25%
 2. How many leaves of Swiss chard did it take to fill 2 cups after they were thinly sliced? Varies
 3. What are 5 edible colors of Swiss chard?
purple pink yellow
orange Green
- (Hint: Use your Veggie Mania Research Chart)
4. Swiss chard contains a large amount of vitamin K. What percentage of the recommended amount for vitamin K is in 1 cup? (Hint: Use your Veggie Mania Research Chart.) _____
 5. How many calories are in 1 serving of this recipe? 60 calories

Kitchen math and science

1. Which measurement is closest to 8 tablespoons (circle one)?
 1/4 cup 1/2 cup 1 cup
2. This recipe can be adapted for as many people as you want to feed. The formula: For every 2 people, add:
 1 medium potato + 1/2 cup of frozen broccoli + 1/4 cup of cheese + 1/4 cup of milk + 2 tablespoons of ranch dressing
 Using that formula, how much broccoli would you need for 8 people? 4 cups
3. If you add the prep and cook time together, how long would it take to make this recipe? 22 minutes
4. Which vitamin has the largest percentage of the daily value for this recipe? Vitamin C