

incredible!

American Egg Board

Grade 6

Name _____ Finding percent of a quantity as a rate per 100 (6.RP.A.3c)

Breakfast—It's a Big Deal!

Which is a better breakfast—a couple of breakfast bars or a couple of scrambled eggs? Find out which breakfast meets more of your daily nutritional requirements by comparing the percent of daily values they meet.



One way to find percent is to create a part to whole ratio.

There are 30.8 micrograms of selenium in two eggs. You need 70 micrograms of selenium each day.

| Part | Whole |
|------|-------|
| 30.8 | 70 |
| p | 100 |

$$\frac{30.8}{70} = \frac{p}{100}$$

$$0.44 = \frac{p}{100}$$

$$44\% = \frac{p}{100}$$

If you eat two eggs for breakfast, you will consume 44% of your daily selenium requirements.

A Complete the table. Show your work on another page.

| Nutrient | Daily Values | Nutrient Content in 2 large eggs | Percent of Daily Values Met | Nutrient Content in 2 oatmeal breakfast bars | Percent of Daily Values Met |
|---------------------------------|--------------|----------------------------------|-----------------------------|--|-----------------------------|
| Calories | 2,000 | 144 | | 220 | |
| Total Fat (grams) | 65 | 9.6 | | 10 | |
| Sodium (milligrams) | 2,400 | 142 | | 148 | |
| Potassium (milligrams) | 3,500 | 138 | | 168 | |
| Protein (grams) | 50 | 12.6 | | 6 | |
| Vitamin A (International Units) | 5,000 | 540 | | 75.6 | |
| Selenium (micrograms) | 70 | 30.8 | 44% | 8.2 | |

B Study the table. Which food do you think provides a more nutritious breakfast? Explain. _____

Bonus: Two eggs also provide 24% of the 1.7 milligrams of riboflavin you need in one day. How many milligrams of riboflavin are in two scrambled eggs?



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Answer Key for “Breakfast—It’s a Big Deal!”

A.

| Nutrient | Daily Values | Nutrient Content in 2 large eggs | Percent of Daily Values Met | Nutrient Content in 2 oatmeal breakfast bars | Percent of Daily Values Met |
|---------------------------------|--------------|----------------------------------|-----------------------------|--|-----------------------------|
| Calories | 2,000 | 144 | 7.2% | 220 | 11% |
| Total Fat (grams) | 65 | 9.6 | 14.8% | 10 | 15.4% |
| Sodium (milligrams) | 2,400 | 142 | 5.9% | 148 | 6.2% |
| Potassium (milligrams) | 3,500 | 138 | 3.9% | 168 | 4.8% |
| Protein (grams) | 50 | 12.6 | 25.2% | 6 | 12% |
| Vitamin A (International Units) | 5,000 | 540 | 10.8% | 75.6 | 1.5% |
| Selenium (micrograms) | 70 | 30.8 | 44% | 8.2 | 11.7% |

B. Answers will vary.

Bonus: .41 milligrams