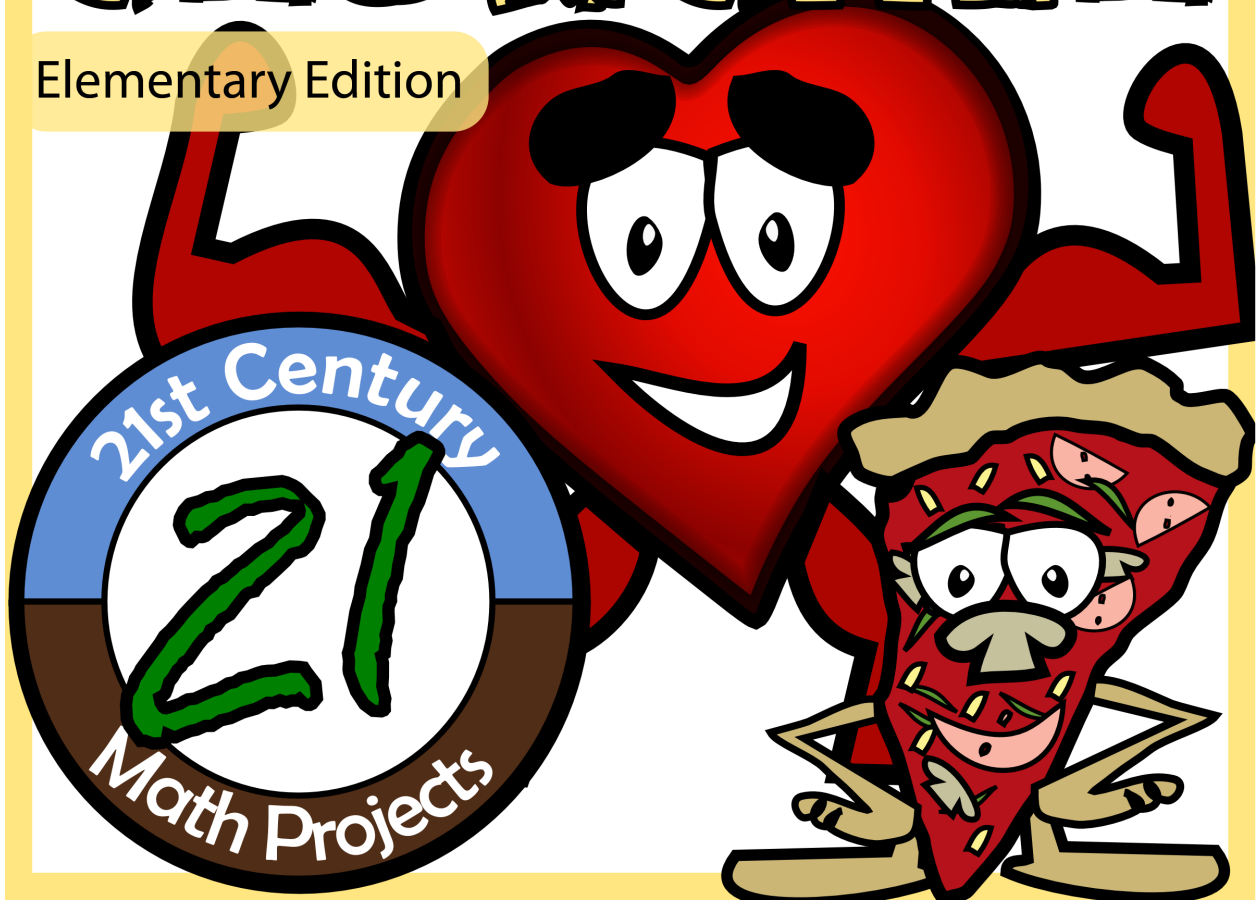
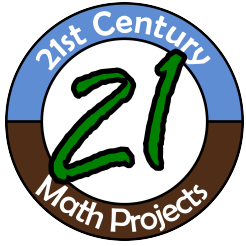


GARLORITE CRUNCHER

Elementary Edition





GALORIE CRUNCHER

Elementary Inequalities Edition

Ideal Unit: Base-10 Number Systems	Time Range: 3-5 Days	Supplies: Pencil & Paper								
Topics of Focus: <ul style="list-style-type: none"> - Writing Inequalities - Solving Linear Inequalities 										
Driving Question <i>“What is the relationship between calories, diet and exercise?”</i>										
Culminating Experience A simulated role as a personal trainer for the stars.										
Common Core Alignment: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">4.NBT.A.2</td> <td>Read and write multi-digit whole numbers using base-ten numerals, number names, and expanded form. Compare two multi-digit numbers based on meanings of the digits in each place, using $>$, $=$, and $<$ symbols to record the results of comparisons.</td> </tr> <tr> <td>4.NBT.B.4</td> <td>Fluently add and subtract multi-digit whole numbers using the standard algorithm.</td> </tr> <tr> <td>4.NBT.B.5</td> <td>Multiply a whole number of up to four digits by a one-digit whole number, and multiply two two-digit numbers, using strategies based on place value and the properties of operations. Illustrate and explain the calculation by using equations, rectangular arrays, and/or area models.</td> </tr> <tr> <td>4.NBT.B.6</td> <td>Find whole-number quotients and remainders with up to four-digit dividends and one-digit divisors, using strategies based on place value, the properties of operations, and/or the relationship between multiplication and division. Illustrate and explain the calculation by using equations, rectangular arrays, and/or area models.</td> </tr> </table>			4.NBT.A.2	Read and write multi-digit whole numbers using base-ten numerals, number names, and expanded form. Compare two multi-digit numbers based on meanings of the digits in each place, using $>$, $=$, and $<$ symbols to record the results of comparisons.	4.NBT.B.4	Fluently add and subtract multi-digit whole numbers using the standard algorithm.	4.NBT.B.5	Multiply a whole number of up to four digits by a one-digit whole number, and multiply two two-digit numbers, using strategies based on place value and the properties of operations. Illustrate and explain the calculation by using equations, rectangular arrays, and/or area models.	4.NBT.B.6	Find whole-number quotients and remainders with up to four-digit dividends and one-digit divisors, using strategies based on place value, the properties of operations, and/or the relationship between multiplication and division. Illustrate and explain the calculation by using equations, rectangular arrays, and/or area models.
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Procedures: <p>A.) In "Fast Food Calorie Count", students will determine inequality signs of fast food lunches. Are they within the person's lunch calorie goal? Students will use the handout "Fast Food Nation" to complete the activity.</p> <p>B.) In "Fitness Guru", students will use operations and determine inequality signs. Are they reaching their exercise calorie goals? Students will use the handout "The Burn Chart" to complete the activity.</p> <p>C.) In "Weight Watchers", students will help five people make meals and write inequalities to determine if they will eat enough food to meet their goals. Students will use the "The Burn Chart" and "The Food Chart" handouts to complete the activity.</p> <p>D.) In "Personal Trainer", students will tailor diet plans and fitness regimens for five celebrities – all with very different demands. Students will use the "The Burn Chart", "The Food Chart" and "Fast Food Nation" handouts to complete the activity.</p> <p>* Aspects of the project can be completed independently. The entire project does not need to be completed to have a great learning experience, though it is suggested because it will best scaffold the skills and context.</p>										

FAST FOOD NATION

Here are some popular items in fast food. Calorie and other nutrition facts can be found at the company's website.

KFC

Item	Calorie Count
Famous Bowl - Mashed Potato with Gravy	720
Popcorn Chicken - Large	560
Hot Wings (6)	450
Original Recipe Chicken - Breast & Thigh	720
Snacker, Ultimate Cheese	280
Potato Wedges	240
Cole Slaw	190
Apple Pie Slice	290

MCDONALD'S

Item	Calorie Count
Chicken McNugget (5)	210
Chicken Selects Strips	630
Big Mac	560
Double Cheeseburger	460
Double Quarter Pounder with Cheese	730
Crispy Chicken Club	680
French Fry - Large	570
Chocolate Triple Thick Shake (32 fl oz)	1160

TACO BELL

Item	Calorie Count
Fiesta Taco Salad	860
Nachos Bell Grande	790
Grilled Stuft Burrito - Beef	720
Chicken Quesadilla	540
7-Layer Burrito	530
Double Decker Taco Supreme	380
Cheesy Fiesta Potatoes	290
Nachos	320

PIZZA HUT

Item	Calorie Count
Meat Lover's Personal Pan Pizza	830
Pepperoni Lover's Personal Pan Pizza	720
Supreme Personal Pan Pizza	720
P'Zone - Classic	1000
P'Zone - Meaty	1100
Pasta Bakes Marinara	840
Cheese Garlic Bread (2)	480
Cinnamon Sticks (4)	400

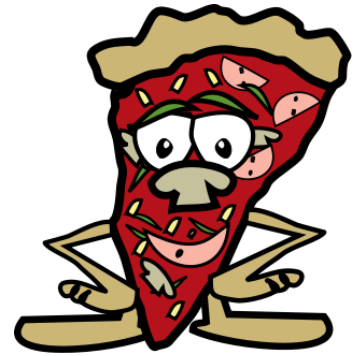
SUBWAY

Item	Calorie Count
6" Italian B.L.T.	410
6" Pizza Sub	490
6" Chicken Parmesan	510
6" Oven Roasted Chicken with Spinach	320
6" Veggie Delite	230
Chicken Tortilla Soup	110
Creamy Potato and Bacon Soup	250
Chocolate Chip Cookie	220

DRINK MENU

Medium Drink (20 oz)	Pepsi	Mountain Dew	Tropicana Fruit Punch	Raspberry Iced Tea	Water & All Diet Soda
Calories	250	280	280	200	0



FAST FOOD CALORIE COUNT



Name _____ Date _____

On the back of any food label is a list of Nutrition Facts. On this label it shares the details of what is actually in the food being eaten. At the top of the list is *calories*. Calories are in everything we eat. Calories are energy that fuels our bodies. If you eat more calories than you use - you have extra (gain weight). If you eat less calories than you use - you burn calories stored in fat cells (lose weight). Of course, not eating enough calories is a big issue, which will lead to other health problems. What is the point? Eat smart.

A lot of people eat fast food. Many people eat it because it is convenient. But it lacks the nutritional value of a good home cooked meal. **Use the menus on "Fast Food Nation"** to help six people solve inequalities to determine if their lunch is in their goal. If they eat too many calories, what can they do differently?

 Bao	<p style="text-align: center;">TACO BELL</p> <table border="0"> <tr> <td>Double Decker Taco Supreme</td> <td>QTY. 1</td> </tr> <tr> <td>Cheesy Fiesta Potatoes</td> <td>QTY. 1</td> </tr> <tr> <td>Diet Coke</td> <td>QTY. 1</td> </tr> </table>	Double Decker Taco Supreme	QTY. 1	Cheesy Fiesta Potatoes	QTY. 1	Diet Coke	QTY. 1	<p>Bao places this order at Taco Bell. Will he stay under his 700 calorie goal for lunch?</p> <p style="text-align: right;"> <input type="text"/> 700 _____ total >, < or = </p>
Double Decker Taco Supreme	QTY. 1							
Cheesy Fiesta Potatoes	QTY. 1							
Diet Coke	QTY. 1							
 Jessica	<p style="text-align: center;">KFC</p> <table border="0"> <tr> <td>Popcorn Chicken - Large -</td> <td>QTY. 1</td> </tr> <tr> <td>Cole Slaw</td> <td>QTY. 1</td> </tr> <tr> <td>Water</td> <td>QTY. 1</td> </tr> </table>	Popcorn Chicken - Large -	QTY. 1	Cole Slaw	QTY. 1	Water	QTY. 1	<p>Jessica places this order at KFC. Will she stay under her 650 calorie goal for lunch?</p> <p style="text-align: right;"> <input type="text"/> 650 _____ total >, < or = </p>
Popcorn Chicken - Large -	QTY. 1							
Cole Slaw	QTY. 1							
Water	QTY. 1							



Chloe

SUBWAY

6" Oven Roasted QTY. 1
Chicken with Spinach

Chocolate Chip QTY. 1
Cookie

Water QTY. 1

Chloe places this order at Subway. Will she stay under her 550 calorie goal for lunch?

	□	550
total		
	>, < or =	



H.D.

MCDONALDS

Chicken McNuggets QTY. 2
(5 piece)

French Fry - Large QTY. 1

Raspberry Iced QTY. 1
Tea

H.D. places this order at McDonalds. Will he stay under his 1100 calorie goal for lunch?

	□	1100
total		
	>, < or =	



Eden

PIZZA HUT

P'Zone Classic QTY. 1/2

Pepsi QTY. 1

Eden places this order at Pizza Hut. Will she stay under her 750 calorie goal for lunch?

	□	750
total		
	>, < or =	



Pete

Pete wants to eat a delicious lunch. He wants to stay under 800 calories. Can you choose a restaurant and make an order for him?

	□	800
total		
	>, < or =	