

# THREE ACT PROPORTIONS



# BRAINSTORM WITH YOUR GROUP....

Different professions and activities that use ratios and proportions.



Students, write your response!

HOW MANY PACKETS OF SUGAR ARE IN EACH BOTTLE?



- WHILE WATCHING TRY AND GUESS HOW MANY SUGAR PACKETS ARE IN A 20 OZ BOTTLE OF SODA.
- WRITE DOWN THREE GUESSES
  - TOO HIGH
  - TOO LOW
  - JUST RIGHT



Students, write your response!



TALK WITH GROUP AND  
DECIDE WHAT INFORMATION  
IS NEEDED TO SOLVE THE  
PROBLEM.



Students, write your response!

# USING THIS INFORMATION TRY AND SOLVE THE PROBLEM.



nutrition		ingredients	varieties
Nutrition Facts			
Serving Size 1 bottle			
Servings Per Container 1			
Amount Per Serving			
Calories 240			
		% Daily Value*	
Total Fat	0g		0%
Sodium	75mg		3%
Total Carbohydrate	65g		22%
Sugars 65g			
Protein 0g			
Not a significant source of fat, calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			



Students, write your response!

# THE REVEAL...







## Nutrition details

100% Orange Juice

### Nutrition Facts

Serving Size 1 Bottle (450mL)

Servings Per Container

Amount Per Serving

Calories 220

% Daily Value\*

Total Fat 0g 0%

Sodium 30mg 1%

Potassium 840mg 24%

Total Carbohydrates 51g 17%

Sugars 45g

Protein 3g Not a significant source of protein

Vitamin C 180% \* Calcium 4%

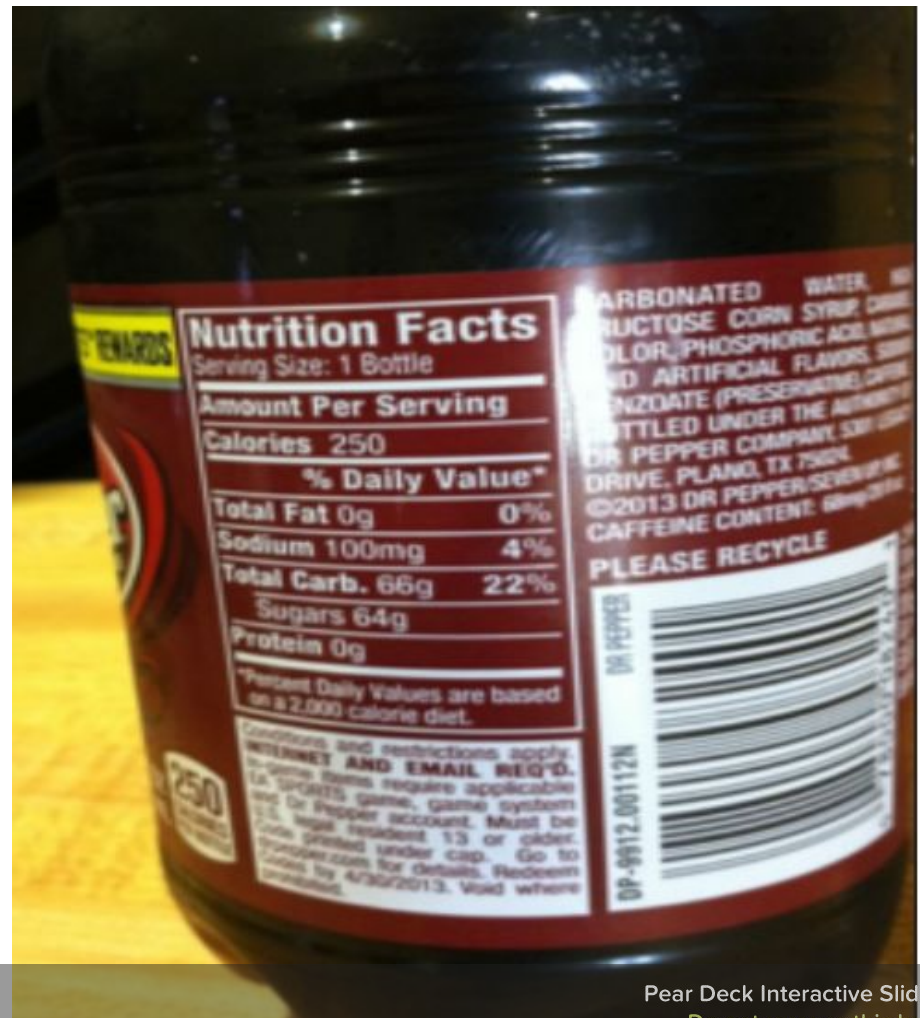
Thiamin 20% \* Niacin 4%

Vitamin B6 8% \* Folate 30%

Magnesium 10%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.



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Do not remove this bar

Students, write your response!





**POWERADE**  
SPORTS BEVERAGE & REHYDRATING FLAVORS  
FRUIT PUNCH

## FRUIT PUNCH

+ OTHER NATURAL FLAVORS

Nutrition Facts	
Amount Per Serving	
Serving Size	8 fl oz (240 mL)
Servings Per Container	4
<b>Calories</b>	50 (Energy)
<b>Total Fat</b>	0g 0%
<b>Sodium</b>	100mg 4%
<b>Potassium</b>	25mg 1%
<b>Total Carbohydrate</b>	14g 5%
Sugars	14g
<b>Protein</b>	0g
Vitamin B3 10% • Vitamin B6 10%	
Vitamin B12 10% • Magnesium †	

† Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000 calorie diet

FOR 32 FL OZ PACKAGE



**LOW SODIUM**

## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2.5

Amount Per Serving	8 fl oz	% DV*	Per Bottle	% DV*
<b>Calories</b>	120		290	
<b>Total Fat</b>	0g	0%	0g	0%
<b>Sodium</b>	40mg	2%	105mg	4%
<b>Total Carb.</b>	30g	10%	76g	25%
Sugars	30g		76g	
<b>Protein</b>	0g		0g	

Not a significant source of other nutrients.

\*Percent Daily Values are based on a 2,000 calorie diet.

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CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CAFFEINE, SODIUM CITRATE, GUM ARABIC, CALCIUM DIPHOSPHATE (TO PROTECT FLAVOR), BROMINATED VEGETABLE OIL, YELLOW 5, BLUE 1. CAFFEINE CONTENT: 36mg / 8 fl oz, 91mg / 20 fl oz. WWW.MOUNTAINDEW.COM



Students, write your response!

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# WHAT DID YOU LEARN FROM TODAY'S LESSON?

What changes will you try and make?

How will today's lesson affect your choice of beverages?



Students, write your response!