

What Fraction of Your Recommended Daily Value Is in Our School Lunch?

Instructions:

1. Draw or describe the food item from the school lunch that provides that nutrient.
2. Fill in the blank to complete the sentence.

Example:

Today I got 3 half-cups of fruit at lunch.

Today's school lunch provided $\frac{3}{4}$ of total daily fruit.

Draw explain your food item:



Source: Pixabay.com/@DesignerRiya

Total Daily Fruit: 4 half-cups

Today I got . . .

Today's school lunch provided $\frac{\square}{4}$ of total daily fruit.

Draw explain your food item:

Total Daily Vegetables: 6 half-cups

Today I got . . .

Draw explain your food item:

Today's school lunch provided $\frac{\square}{6}$ of total daily vegetables.

Total Daily Dairy: 6 half-cups

Today I got . . .

Draw explain your food item:

Today's school lunch provided $\frac{\square}{6}$ of total daily dairy.

Total Daily Protein: 5 ounces

Today I got . . .

Draw explain your food item:

Today's school lunch provided $\frac{\square}{5}$ of total daily protein.

Total Daily Grain: 6 ounces

Today I got . . .

Draw explain your food item:

Today's school lunch provided $\frac{\square}{6}$ of total daily grain