

Getting Started Lesson 1

1. John has a goal of getting at least 30 percent of his grams of carbohydrates each day from whole grains. Today, he ate 220 grams of carbohydrates and 55 of those grams were from whole grains.
 - a. Did John meet his goal?
 - b. If not, how many more of his total grams of carbohydrates needed to come from whole grains? If yes, by how many grams did he exceed his goal?

2. A survey found that 36 out of 60 customers order a chicken sandwich at a local fast food restaurant. If the restaurant has about 900 customers in a day, predict the number of chicken sandwiches ordered. What percent of customers order a chicken sandwich?