

## Your task is to find:

A monster-sized cookie from a convenience store.

## Now that you've found your item, do the following:



1. Read the label on the cookie wrapper to see how many servings are in the package.

Number of servings \_\_\_\_\_

2. Divide the cookie into the number of servings listed. Place each piece onto a paper plate.

3. Read the label and find grams of fat for each serving

Grams of fat in each serving \_\_\_\_\_

Multiply this by the number of servings you wrote down in #1 for the total fat in the whole cookie \_\_\_\_\_

4. Using this chart, measure the fat in the serving with shortening and measuring spoons. Measure into a clear plastic bag using the bag to remove the shortening from the spoon.

12 grams of fat = 1 Tablespoon of shortening

4 grams of fat = 1 teaspoon of shortening

2 grams of fat =  $\frac{1}{2}$  teaspoon of shortening

1 gram of fat =  $\frac{1}{4}$  teaspoon of shortening

Example: 13 grams of fat would be 1 Tablespoon and  $\frac{1}{4}$  teaspoon of shortening.

5. Read the label and find the grams of sugar for each serving.

Grams of sugar for each serving \_\_\_\_\_

Multiply this by the number of servings you wrote down in #1 for the total sugar in the whole cookie \_\_\_\_\_

6. Count the number of sugar cubes in the whole cookie. One sugar cube is 4 grams so divide your total grams of sugar by 4.

Example: 15 grams of sugar is  $15 \div 4 = 3.75$ , so you would round up and count 4 sugar cubes.

## Share what you discovered.