Your task is to find:

1. A small order of French fries from a fast food restaurant.

2. A super-sized or the largest order of French fries from a fast food restaurant.

Now that you’ve found your items, do the following:

1. Count number of fries in the small portion. Place on a paper plate.

2. Count number of fries in the large portion.

3. Make piles showing how many small portions there are in the super-sized portion. Place each portion on a separate plate.

4. There are 10 grams of fat and about 27 French fries in a small order (using information from a common fast food restaurant.)

   Multiply 10 by the number of servings or piles you made in step #3 for the total fat in the super-sized portion ________

5. Using this chart, measure the fat in the large portion 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 = ½ teaspoon of shortening
   1 gram of fat = ¼ teaspoon of shortening

   Example: 13 grams of fat would be 1 Tablespoon and ¼ teaspoon of shortening.

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