



## Your task is to find:

A large muffin from a convenience store.

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

1. Read the label on the muffin wrapper to see how many servings are in the package.  
Number of servings \_\_\_\_\_
2. Divide the muffin 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 muffin \_\_\_\_\_

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 muffin \_\_\_\_\_

6. Count the number of sugar cubes in the whole muffin. 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.