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 = 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.

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 ÷ 4 = 3.75, so you would round up and count 4 sugar cubes.

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