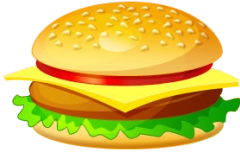# MULTIPLY DECIMALS
APPLICATIONS
DO YOU WANT FAT WITH THAT?

Nutrition Facts

Serving Size: 1 item (100g)

Amount Per Serving

Calories 303	Calories from Fat 125	
		% Daily Value*
Total Fat 13.93 g		**21%**
Saturated Fat 5.25 g		**26%**
Trans Fat 0.71 g		
Cholesterol 41 mg		**14%**
Sodium 589 mg		**25%**
Potassium 190 mg		**5%**
Total Carbohydrate 29.89 g		**10%**
Dietary Fiber 1 g		**4%**
Sugars 5.47 g		
Sugar Alcohols		
Protein 15.13 g		
Vitamin A 230 IU		5%
Vitamin C 0 mg		0%
Calcium 191 mg		19%
Iron 2.66 mg		15%

Nutrition Facts

Serving Size: 1 cone (103g)

Amount Per Serving

Calories 164	Calories from Fat 55	
		% Daily Value*
Total Fat 6.12 g		**9%**
Saturated Fat 3.53 g		**18%**
Trans Fat		
Cholesterol 27.81 mg		**9%**
Sodium 91.67 mg		**4%**
Potassium 168.92 mg		**5%**
Total Carbohydrate 24.11 g		**8%**
Dietary Fiber 0.1 g		**0%**
Sugars 16.94 g		
Sugar Alcohols		
Protein 3.89 g		
Vitamin A 211.15 IU		4%
Vitamin C 1.13 mg		2%
Calcium 153.47 mg		15%
Iron 0.15 mg		1%

Q1. (a) How many calories are in one cheeseburger?

(b) How many calories are in one ice-cream?

(c) Most of the world measure food energy in kilojoules. If 1 calorie = 4.2 kilojoules, how many kilojoules are in one cheeseburger?

(d) Calculate the energy amount in kilojoules of one ice-cream cone.

(e) In a month if I ate 7 cheeseburgers, how many grams of saturated fat would I eat?

(f) In one year if I ate 30 cheeseburgers, how many grams of trans-fat would I eat?

(g) If I ate 25 ice-creams in a year, how many grams of saturated fat would I eat?

(h) If I ate one ice-cream after school for 5 days, what is the number of milligrams of cholesterol that I consume?

Q2. The table shows the energy used in various activities.

16.5 kJ per minute	31.2 kJ per minute	42.6 kJ per minute
Walking	Dancing	Walking uphill
Bowls	Tennis	Running
Golf	Cycling	Football
Gardening	Swimming	Basketball

(a) Calculate the energy you use if you:
(i) walk for 30 minutes to school
(ii) play an 90 minute game of football twice a week?

(b) What duration of swimming would you have to do to work off the energy of 3 ice-cream cones?

Q3. The table shows energy intake by age.

Age (years)	Recommended Daily Energy Intake (kJ)
1 - 3	4600 – 5800
3 – 7	5800 – 7200
7 – 11	7200 – 9300
11 – 15 (girls)	7200 - 10500
11 – 15 (boys)	8400 – 12600
15 – 18 (girls)	6300 – 9300
15 – 18 (boys)	8400 – 12600
Over 18	Varies according to weight

(a) Which age and sex of person requires the greatest amount of energy?
(b) Which age of person requires the least amount of energy?
(c) How much energy do you need each day?
(d) How many cheeseburgers would contain the total daily energy intake for you?

ANSWERS

Q1.(a) 303 cal
(b) 164 cal
(c) 1272.6 kJ
(d) 688.8 kJ
(e) 36.75 g
(f) 21.3 g
(g) 88.25 g
(h) 139.05 mg

Q2.(a)(i) 495 kJ
(a)(ii) 7668 kJ
(b) 66.2 min

Q3.(a) 11 to 18 yrs boys
(b) 1 to 3 yrs