

Name: _____ Date: _____

Breakfast Time

1. Linda had breakfast in a café. It cost \$12.40. She paid with a \$20 bill.

How much change did Linda get? Estimate first, then calculate the exact amount.



2. The following week, Linda came back with 6 friends. They all had the "Basic Continental Breakfast".

How much did they pay in all? Estimate first, then calculate the exact amount.

Basic Continental Breakfast
Includes 2 eggs, toast, fruit,
bacon, and a choice of drink
\$6.40 each

Math Worksheet Protein Breakfast Ideas

Jin-Ying Zhang



Math Worksheet Protein Breakfast Ideas:

Eat Well & Keep Moving 3rd Edition Cheung, Lillian, Dart, Hank, Kalin, Sari, Otis, Brett, Gortmaker, Steven, 2015-11-03 Eat Well Keep Moving Third Edition includes thoroughly updated nutrition and activity guidelines multidisciplinary lessons for fourth and fifth graders eight core Principles of Healthy Living and a new Kid's Healthy Eating Plate to help kids make healthy food choices **Eat Well & Keep Moving** Lilian W.Y. Cheung, Hank Dart, Sari Kalin, Brett Otis, Steven L. Gortmaker, 2015-12-23 In North America obesity continues to be a problem one that extends throughout life as children move into adolescence and adulthood and choose progressively less physical activity and less healthy diets This public health issue needs to be addressed early in childhood when kids are adopting the behaviors that they will carry through life Eat Well this information includes recipes preparation tips promotional materials classroom tie ins and staff training The web resource also details various approaches to getting parents and family members involved in Eat Well Keep Moving A Holistic Approach Eat Well Keep Moving is popular because it teaches nutrition and physical activity while kids are moving The program addresses both components of health simultaneously reinforcing the link between the two And it encompasses all aspects of a child's learning environment classroom gymnasium cafeteria hallways out of school programs home and community centers Further the material is easily incorporated in various classroom subjects or in health education curricula Eight Core Principles Central to its message are the eight core Principles of Healthy Living Those principles at least one of which is emphasized in each lesson have been updated to reflect key targets as defined by the CDC funded Childhood Obesity Research Demonstration partnership These are the principles Make the switch from sugary drinks to water Choose colorful fruits and vegetables instead of junk food Choose whole grain foods and limit foods with added sugar Choose foods with healthy fat limit foods high in saturated fat and avoid foods with trans fat Eat a nutritious breakfast every morning Be physically active every day for at least an hour per day Limit TV and other recreational screen time to two hours or less per day Get enough sleep to give the brain and body the rest it needs Flexible Inexpensive Easy to Adopt The entire curriculum of Eat Well Keep Moving reflects the latest research and incorporates recommendations from the latest Dietary Guidelines for Americans It fits within school curricula uses existing school resources is inexpensive to implement and is easy to adopt The content is customizable to school and student population profiles and can help schools meet new criteria for federally mandated wellness policies Most important armed with the knowledge they can gain from this program elementary students can move toward and maintain healthy behaviors throughout their lives *Get Ready! For Standardized Tests : Math Grade 1* Sandy McConnell, Carol Turkington, 2001-06-28 One of the areas of study students find most difficult to master and are most fearful of is math Yet the core math skills acquired in the first four years of school form the basis of all future academic success Get Ready for Standardized Tests the first and only grade specific test prep series now features hands on guidance on helping kids master the all important basic math skills while arming parents with the tools they need to help their children

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Education ,1982 American Illustrated Magazine ,1917
The Digest of Software Reviews: Education ,1983

Journal of the American Dietetic Association ,2000

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