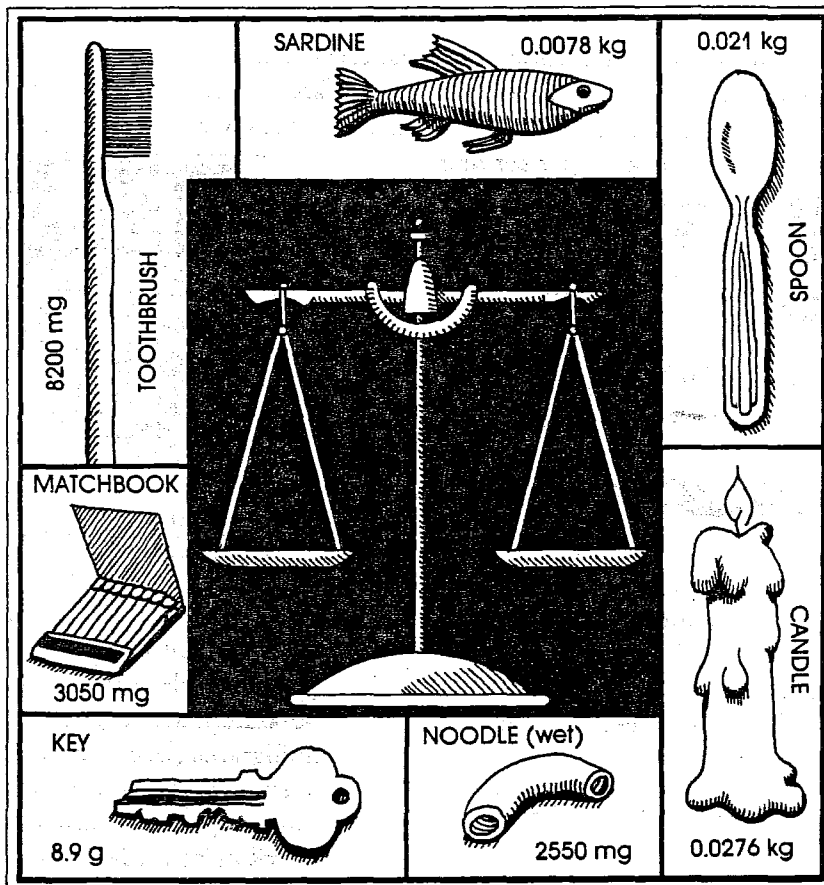


GRAMS (g)



(1) Convert the weights of the items around the scale to grams, where necessary.

- toothbrush _____ g
- sardine _____ g
- spoon _____ g
- candle _____ g
- noodle (wet) _____ g
- key _____ g
- matchbook _____ g

(2) What is the total of all their weights? _____ g

(3) What is half their total weights? _____ g

(4) Now, balance all items on the scale.

CLUES

On the left pan:

- a) place the eating utensil _____ g
- b) add to that something right out of a can _____ g
- c) add two more things _____ g

TOTAL _____ g

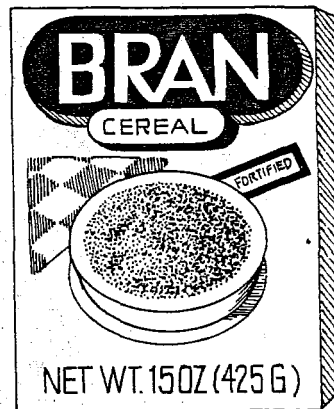
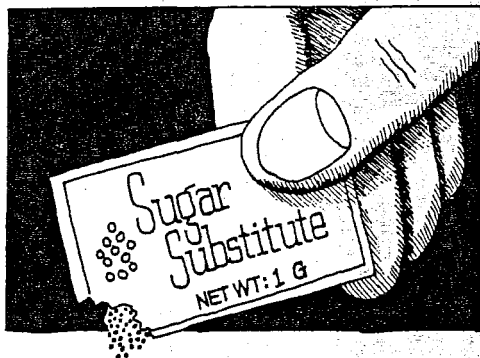
On the right pan:

- a) place the thing you turn _____ g
- b) add to that something made of wax _____ g
- c) add one more item _____ g

TOTAL _____ g

GRAMS AND MILLIGRAMS (g, mg)

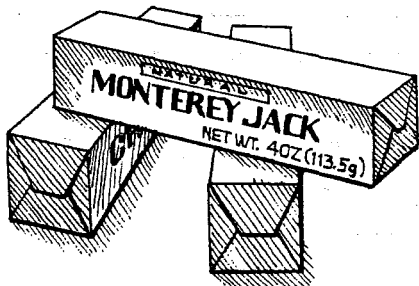
On the labels of most processed food products, serving sizes (the approximate amount of a given product usually served per person) are customarily given in ounces (OZ.) or fluid ounces (FL. OZ.). Nutritional information is given in grams (g, gm or GM) and milligrams (mg or MG) per serving.



- (1) If the label on a 1-gram packet of sugar substitute states that the product contains 4% soluble saccharin, how many milligrams of soluble saccharin are present in the packet?

(a) 40 mg (b) 400 mg (c) 4000 mg

ANSWER: _____



- (2) If you buy three "sticks" of cheese, each weighing 113.5 g, how many grams of cheese will you have?

ANSWER: _____

- (3) If each stick costs \$1.19, how much will it cost you for three?

ANSWER: \$ _____

- (4) What is their cost per gram?

ANSWER: \$ _____

- (5) Nutritional information per serving on package labeling usually gives protein, carbohydrate, and fat in grams. Cholesterol, sodium, and potassium are frequently given in milligrams (because they are present in smaller amounts). Convert the following taken from a cereal box to grams or to milligrams:

		g	mg
PROTEIN	3 g	_____	_____
CARBOHYDRATE	30 g	_____	_____
FAT	1 g	_____	_____
CHOLESTEROL	0 mg	_____	_____
SODIUM	220 mg	_____	_____
POTASSIUM	230 mg	_____	_____

- (6) Another product label gives sodium and potassium in grams. How do these translate to milligrams?

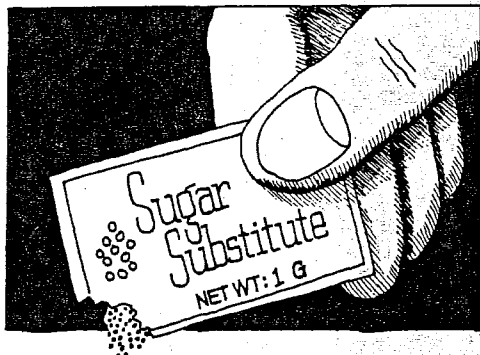
SODIUM	.2 g	_____ mg
POTASSIUM	3.5 g	_____ mg

- (7) If you were to add 1 cup of skim milk (containing 130 mg of sodium) to one serving of the cereal in exercise 5, how many mg of sodium would you have in the bowl?

ANSWER: _____

GRAMS AND MILLIGRAMS (g, mg)

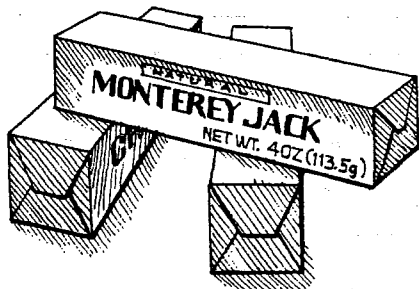
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