

Name _____

Date _____

Grade Level: 3rd Grade | Standard: 3.N.2.2

Crunch Some Numbers

Directions: Use multiplication to solve these nutrition problems.

Whole Grains Os

Nutrition Facts

Serving Size: 1 cup

Serving per Container: 10

Amount Per Serving

Sugar 3g

Fiber 8g

Sodium 65mg

Protein 2g

Vitamin D 4mg

Iron 3mg

1. If one serving of cereal has 3g of sugar, and you eat 2 servings, how many grams of sugar will you eat? $3 \times 2 =$ _____ grams
2. If you eat 3 servings of cereal, how much fiber do you get? $8 \times 3 =$ _____ grams
3. How much protein is in 4 servings of cereal? $2 \times 4 =$ _____ grams
4. If one serving has 3mg of iron, how much iron is in 5 servings?
 $3 \times 5 =$ _____ milligrams
5. The box has 10 servings. Each serving has 2g of protein. How much total protein is in 10 servings? $2 \times 10 =$ _____ grams
6. If you eat 6 servings this week, how much total fiber do you get?
 $8 \times 6 =$ _____ grams

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Iron 3mg

1. If one serving of cereal has 3g of sugar, and you eat 2 servings, how many grams of sugar will you eat? $3 \times 2 = \underline{6}$ grams
2. If you eat 3 servings of cereal, how much fiber do you get? $8 \times 3 = \underline{24}$ grams
3. How much protein is in 4 servings of cereal? $2 \times 4 = \underline{8}$ grams
4. If one serving has 3mg of iron, how much iron is in 5 servings?
 $3 \times 5 = \underline{15}$ milligrams
5. The box has 10 servings. Each serving has 2g of protein. How much total protein is in 10 servings? $2 \times 10 = \underline{20}$ grams
6. If you eat 6 servings this week, how much total fiber do you get?
 $8 \times 6 = \underline{48}$ grams