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American Egg Board

Grade 6

Name _____ Finding percent of a quantity as a rate per 100 (6.RP.A.3c)

Breakfast—It's a Big Deal!

Which is a better breakfast—a couple of breakfast bars or a couple of scrambled eggs? Find out which breakfast meets more of your daily nutritional requirements by comparing the percent of daily values they meet.



One way to find percent is to create a part to whole ratio.

There are 30.8 micrograms of selenium in two eggs. You need 70 micrograms of selenium each day.

Part	Whole
30.8	70
p	100

$$\frac{30.8}{70} = \frac{p}{100}$$

$$0.44 = \frac{p}{100}$$

$$44\% = \frac{p}{100}$$

If you eat two eggs for breakfast, you will consume 44% of your daily selenium requirements.

A Complete the table. Show your work on another page.

Nutrient	Daily Values	Nutrient Content in 2 large eggs	Percent of Daily Values Met	Nutrient Content in 2 oatmeal breakfast bars	Percent of Daily Values Met
Calories	2,000	144		220	
Total Fat (grams)	65	9.6		10	
Sodium (milligrams)	2,400	142		148	
Potassium (milligrams)	3,500	138		168	
Protein (grams)	50	12.6		6	
Vitamin A (International Units)	5,000	540		75.6	
Selenium (micrograms)	70	30.8	44%	8.2	

B Study the table. Which food do you think provides a more nutritious breakfast? Explain. _____

Bonus: Two eggs also provide 24% of the 1.7 milligrams of riboflavin you need in one day. How many milligrams of riboflavin are in two scrambled eggs?



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Answer Key for “Breakfast—It’s a Big Deal!”

A.

Nutrient	Daily Values	Nutrient Content in 2 large eggs	Percent of Daily Values Met	Nutrient Content in 2 oatmeal breakfast bars	Percent of Daily Values Met
Calories	2,000	144	7.2%	220	11%
Total Fat (grams)	65	9.6	14.8%	10	15.4%
Sodium (milligrams)	2,400	142	5.9%	148	6.2%
Potassium (milligrams)	3,500	138	3.9%	168	4.8%
Protein (grams)	50	12.6	25.2%	6	12%
Vitamin A (International Units)	5,000	540	10.8%	75.6	1.5%
Selenium (micrograms)	70	30.8	44%	8.2	11.7%

B. Answers will vary.

Bonus: .41 milligrams