

Math Remote Learning Day Options (choose one of the two)

1. What am I eating in a day?

Look at the nutritional labels for everything you eat throughout the day, if not something easily accessible try looking it up online. Keep a running total by adding up the calories, total fat, cholesterol, sodium, total carb, and protein amount for each thing you eat. Keep a total of the g/mg and percent of daily value for each section. Make sure that you are looking at how many servings you are eating and multiply as needed for more servings.

<u>Age</u>	<u>Calories (for an average teen)</u>
13	2,000
14-15	2,200
16-18	2,400
19+	2,600

Answer the following questions after totaling up your food for the day.

1. How did your amount compare to the total calories for the day?
2. What daily percentage did you end up with for each of the categories?
3. Did you go over or under the daily percentage for anything?
4. What things during the day would change the number of calories you need to consume?

## 2. Searching for Patterns

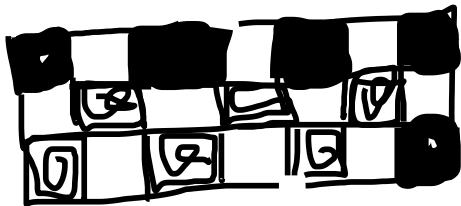
Find something in your home that has a pattern on it (examples: a painting, carpet, wallpaper, tile, piece of clothing). Draw out a few parts of the pattern on a piece of paper using color or shading as needed. Create a table that describes the drawing of the pattern you made. Finally, give the table you created to someone in your home and have them make their own pattern.

Answer the following questions after sharing your table.

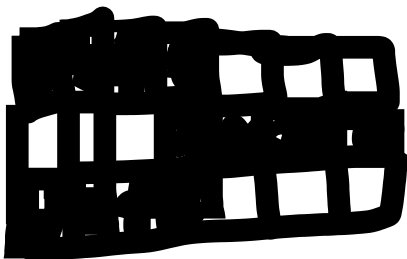
1. Compare your pattern to the one someone created from your table, how are they similar or different?
2. What could you have changed in your table for your partner to create a more similar table?

Example:

My pattern



My partners pattern



	Number of Black Tiles	Number of White Tiles
1 <sup>st</sup> horizontal line	4	3
2 <sup>nd</sup> horizontal line	3	4
3 <sup>rd</sup> horizontal line	4	3
Total	11	10