

NAME _____

Produce Shopping

Complete the following activity as you progress through the produce (fruit and vegetable) stations.

Station	Produce Name	Estimated Cost	Estimated Pounds	Actual Cost	Actual Pounds	Calories	Calories per Pound
1							
2							
3							
4							
5							
				Total Actual Cost: \$ _____	Total Actual Pounds: _____ lbs		

What does an American eat each year? *On average...*

- 48 pounds of fresh fruit
- 89 pounds of fresh vegetables
- 12 pounds of rice
- 71 pounds of red meat
- 54 pounds of poultry (turkey or chicken)
- 122 pounds of flour & cereal products
- 22 pounds of cheese
- 13 gallons of milk (116 pounds)
- 152 eggs (19 pounds)
- 66 pounds of fats & oils



How is this possible? Do you think you ate 152 eggs last year? Maybe not, but think about how many foods you ate containing eggs...cookies, pancakes, noodles, pudding, and cakes. Most of the foods we eat are combined with others. **Create a bar graph** on a separate paper to compare the pounds of each farm fresh product that we consume in a year.