

Name: \_\_\_\_\_ Class: \_\_\_\_\_



## Calorie Trends Math Worksheet



1. Over the last 3 decades, Americans went from eating an average of 3.8 meals and/or snacks per day to 4.9 per day. Over the course of a week, how many more meals and snacks would this amount to?
2. The average American now consumes about 2,375 calories per day, around 32% more than in the 1970s. Based on this data, what was the average daily calories consumed by an American in the 1970s?
3. In 1977, the average 2- to 6-year-old consumed 310 snack-food calories daily, and the average 7- to 12-year-old took in 395. By 2006, this had risen to 491 snack food calories for younger kids, and 568 for the older ones. Based on this data, how many calories per week is each age group getting from snacks, and how many more is this than a child in 1977?
4. In the 1980s, an average serving of French fries was 2.4 ounces and contained 210 calories. Today, it's around 6.9 ounces and 610 calories. If I eat 1 serving of French fries every day for 2 weeks, how many more calories will I consume than someone would have in the 1980s?