

Weet-bix Breakfast

Approach: Station

Level: Year 8 only

Resources: Colour reproduction of end panel of cereal packet, with nutritional table.

Questions/Instructions

Linda, Fay and Peter are having Weet-bix for breakfast.

Linda is having 2 Weet-bix with 1/2 cup of standard milk.

Fay is having 2 Weet-bix with 125ml of So Good.

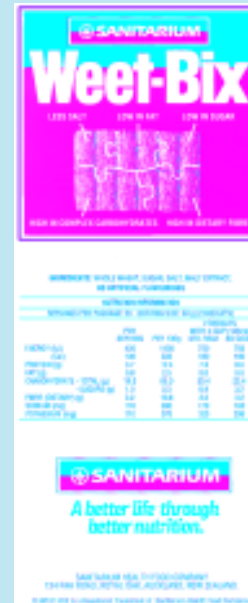
Peter is having 100g of Weet-bix without any milk.

INGREDIENTS: WHOLE WHEAT, SUGAR, SALT, MALT EXTRACT, NO ARTIFICIAL FLAVOURINGS

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 33 SERVING SIZE: 30 g (2 BISCUITS)

	PER SERVING	2 BISCUITS	
		PER 100g	WITH 1/2 CUP (125ml) STD. MILK SO GOOD
ENERGY (kJ)	420	1400	750
(Cal)	100	335	180
PROTEIN (g)	3.7	12.4	7.9
FAT (g)	0.8	2.5	5.0
CARBOHYDRATE - TOTAL (g)	19.5	65.0	25.4
- SUGARS (g)	1.0	3.3	6.9
FIBRE (DIETARY) (g)	3.2	10.8	3.2
SODIUM (mg)	110	390	170
POTASSIUM (mg)	110	370	320



1. How many calories (Cal) is Linda having?
2. How many calories (Cal) is Peter having?
3. How much carbohydrate-sugars is Linda having?
4. How much carbohydrate-sugars is Fay having?
5. How much protein is Peter having?
6. How much protein is Fay having?

STUDENT RESPONSES

% answering correctly
Year 8

180 59

335 66

6.9g 44

3.2g 48

12.4g 73

8.0g 60