Answer Keys

Hamburger Hints

Doodle Bugs
Underline: Lean just means without fat.
Fill-in the blank: 100%
Cross out: Saturated

SCIENTIFIC INQUIRY:
Lean and Fat
70% lean: 16.2 ounces; 10.6 ounces; 1/4 cup (Note: Answers will vary.)
90% lean: 16.2 ounces; 11.4 ounces; 1/8 cup (Note: Answers will vary.)

What is the difference in weight of the 70% lean beef before and after cooking?
The 70% lean beef weighs 5.6 ounces less after it is cooked. (Note: Answers will vary.)

What is the difference in weight of the 90% lean beef before and after cooking?
The 90% lean beef weighs 4.8 ounces less after it is cooked. (Note: Answers will vary.)

Which kind of meat had the most waste?
The 70% lean had more waste. It had more fat to melt off and be poured off as waste.

70% lean: $3.00 ÷ 16.2 = $0.19 per ounce before cooking;
        $3.00 ÷ 10.6 = $0.28 after cooking
90% lean: $3.00 ÷ 16.2 = $0.19 per ounce before cooking;
          $3.00 ÷ 11.4 = $0.26 after cooking

Hot Diggity Dog

Doodle Bugs
Circle: 60
Underline: Beef, pork, turkey and/or chicken
Draw an X beside: Most are high in calories, fat and sodium
Fill-in the blank: Answers will vary.

SCIENTIFIC INQUIRY:
Healthier Hot Dogs
Note: Answers based on Nutrition Facts labels will vary depending upon the brands.
Regular hotdog: 45 grams; 130 calories; 12 grams; 4 grams; 540 mg
Turkey hotdog: 45 grams, 100 calories; 8 grams; 2.5 grams; 510 mg

Which hotdog is healthier? The turkey dog is healthier because it had less calories, total fat, saturated fat and sodium.

Regular hotdog: 10 hotdogs per package; $4.00 per package; $0.40 per hotdog
(Note: Number of hotdogs and price may vary.)
Turkey hotdog: 8 hotdogs per package; $2.80 per package; $0.35 per hotdog
(Note: Number of hotdogs and price may vary.)

Which was more expensive for one hotdog? The regular hotdogs (Answers may vary depending on brand and sales.)

How many packages of turkey hotdogs would you need to buy to serve everyone in the class one turkey hotdog?
**Answers may vary. Examples:**
- 24 students × 1 turkey hotdog = 24 turkey hotdogs needed
- 24 turkey hotdogs ÷ 8 turkey hotdogs per package = 3 packages
- 3 packages are needed.
- Or
- 25 students × 1 turkey hotdog = 25 turkey hotdogs needed
- 25 turkey hotdogs ÷ 8 turkey hotdogs per package = 3.13 packages
- 4 packages are needed.

Which hotdog tasted the best? **Answers will vary.**

**Something is Fishy**

**Doodle Bugs**
- Circle: Finfish and shellfish
- Box: Clams, scallops, crabs, lobster and shrimp
- Underline: Fatty fishy like salmon, sardines and herring are high in omega-3 fatty acids.

Fill in the blank: Answers will vary. (2 times per week is correct)

**SCIENTIFIC INQUIRY:**

**Fish in the Kitchen**
- Salmon 1 pouch: 2 pouches; 3 pouches
- Cream cheese 4 ounces: 8 ounces; 12 ounces
- Chunky salsa 1/4 cup: 2/4 or 1/2 cup; 3/4 cup
- Vegetables 3/4 cup: 1 1/2 cups; 2 1/4 cups
- Crackers 25: 50; 75

Which recipe will you use? **Answer will depend on class size.**

Have you ever eaten salmon before? **Answers will vary.**

Did you like the salmon spread? **Answers will vary.**

Do you think the salmon spread is healthy? **Answers will vary.**

**WHILE YOU WAIT:**

**Oh My! Omega!**
1. Salmon (farmed wild)
2. Lobster
3. 2,070 milligrams

**Proficiency Questions (Workbook)**
1. c  2. d  3. d  4. c  5. c  6. b

**Proficiency Questions (Virtual CD)**
1. b  2. d  3. c  4. a