

# 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:  **$\$3.00 \div 16.2 = \$0.19$  per ounce before cooking;  
 $\$3.00 \div 10.6 = \$0.28$  after cooking**  
90% lean:  **$\$3.00 \div 16.2 = \$0.19$  per ounce before cooking;  
 $\$3.00 \div 11.4 = \$0.26$  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.)**

# Answer Keys (continued)

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:**  $24 \text{ students} \times 1 \text{ turkey hotdog} = 24 \text{ turkey hotdogs needed}$   
 $24 \text{ turkey hotdogs} \div 8 \text{ turkey hotdogs per package} = 3 \text{ packages}$   
3 packages are needed.

**Or**

$25 \text{ students} \times 1 \text{ turkey hotdog} = 25 \text{ turkey hotdogs needed}$   
 $25 \text{ turkey hotdogs} \div 8 \text{ turkey hotdogs per package} = 3.13 \text{ packages}$   
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**