Monday Math: CHEF Healthy Habits

Use the CHEF Healthy Habits to help you answer these math problems!

I fill half my plate with colorful fruits and vegetables at every meal.

Half of your plate should be fruit and vegetables. The fraction $\frac{1}{2}$ means half. What percent of your plate should be fruits and vegetables?

$1 \div 2$ = _____ $\times 100\%$ = _____% of your plate

I eat a healthy breakfast each day.

You should eat breakfast every day! If there are 7 days in a week, how many times should you eat breakfast each week? _____ times a week

I drink plenty of water and avoid sugary drinks.

Each day, you should drink at least 8 cups of water. If there are 8oz in a cup, how many ounces total should you drink each day?

8 cups of water a day x 8oz per cup = _____ ounces of water a day

I sit less and move more.

Each day, you should get at least 60 minutes of physical activity. How many hours of physical activity is 60 minutes? _____ hours

I cook and eat at home at least five times a week.

There are 7 days in a week and 3 meals in a day (Breakfast, Lunch, and Dinner). How many chances are there to cook at home each week?   7 days x 3 meals = _____ meals in all