

## Activity 4.1

### Adapted from Newest Vital Sign Questions

Refer to the back of the container of a pint of ice cream

Question	Answer
1. If you eat the entire container, how many calories will you eat?	
2. If you are allowed to eat 60 grams of carbohydrates as a snack, how much ice cream could you have?	
3. Your doctor advised you to reduce the amount of saturated fat in your diet. You usually have 42 g of saturated fat each day, which includes one serving of ice cream. If you stop eating ice cream, how many grams of saturated fat would be consuming each day?	
4. If you usually eat 2500 calories in a day, what percentage of your daily value of calories will you be eating if you eat one serving?	
5. Pretend you are allergic to penicillin, peanuts, latex gloves and bee stings. Is it safe for you to eat this ice cream?	
6. If you responded no, why not?	