

Treyvon - Protein Detective

name _____

On Thursday April 17 Treyvon was wondering about protein and decided that he would have his own "Protein Day." He decided that Protein Day would be April 17 because 17 is a special kind of number. 17 is an o number and also a p number.

How many factors does 17 have? _____

Treyvon did not care much about factors that day. That day he was interested in protein. He wondered how much protein a pre-teen should be eating each day.

He visited the site of the Center for Disease Control (CDC), a trusty government site, and found that children ages 9 – 13 should get about 34 grams of protein every day.

CDC also said that

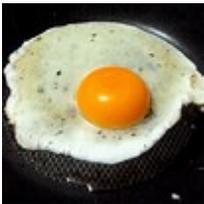
1 cup of milk has 8 grams of protein

1 small (3-ounce) piece of meat has 21 grams of protein

1 cup of dry beans has about 16 grams of protein

8-ounces of yogurt has about 11 grams of protein

Treyvon wondered about eggs and cheese and found that an egg has about 6 grams of protein and a slice of cheese has about 8 grams of protein. Also he discovered that 2 tablespoons of peanut butter has 8 grams of protein. Treyvon looked at his bread package and learned that 1 slice of bread had 3 grams of protein.



His mother made him an egg and cheese sandwich for breakfast putting an egg between 2 pieces of toast. How many grams of protein in his egg and cheese sandwich? _____

Treyvon's egg and cheese sandwich gave him what fraction of his needed daily protein? _____ Was that more or less than half? _____

For lunch Treyvon had a peanut butter and jelly sandwich made with 2 tablespoons of peanut butter, an apple, and a cup of milk. How many grams of protein in his lunch? _____ What fraction of his needed protein did Treyvon's lunch give him? _____

Treyvon had a cup of milk and a banana for an afternoon snack. _____ What fraction of his needed protein came from his lunch? _____

How much protein does Treyvon need for dinner to get 34 grams for the day? _____