

Treyvon name _____
Protein Detective

On Thursday April 16 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 ___ ___ ___ number and a ___ ___ ___ ___ ___ number.

List the factor pairs of 16: ___ x ___ = 16
 ___ x ___ = 16
 ___ x ___ = 16

How many factor pairs does 16 have? _____

How many factor pairs does 17 have? _____

Treyvon did not care much about factor pairs 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**

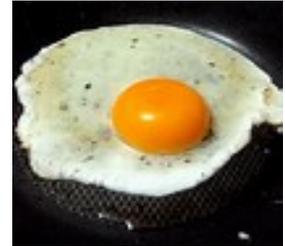
1 small (3-ounce) piece of meat has **21 grams of protein**

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 with 2 pieces of toast. How many grams of protein in his egg and cheese sandwich? _____



His egg and cheese sandwich gave Treyvon what fraction of his needed daily protein? _____

Did the sandwich give him more or less than half of his daily protein?

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? _____

Treyvon's breakfast had how many more grams of protein than his lunch? _____

How many grams of protein in Treyvon's breakfast and lunch?

Did Treyvon's breakfast and lunch contain enough protein to meet his daily need for protein? _____