**S1 HE Healthy Eating Numeracy Homework**

**Name:**

*The Scottish Government’s Dietary Goal for fruits and vegetables is to eat 400g of fruits and vegetables per day.*

1. If we are to eat 5 portions a day, how many grams of fruit and vegetables should each portion be?

2. If someone has eaten 150g of fruit and vegetables by lunchtime, how many grams do they need to eat during the rest of the day to meet the Governments Dietary Goal?

*The Scottish Government’s Dietary Goal for salt is to eat no more than 6g of salt per day.*

1. If a packet of crisps contains 2g of salt, what fraction of a persons’ daily salt allowance would that be?
2. If a sausage roll contains 3g of salt, what fraction of a persons’ daily salt allowance would that be?
3. If a person ate the crisps and the sausage roll, what fraction of a persons’ daily salt allowance would that be?

**Teacher Judgement:**

Link to numeracy across the curriculum -

**E&O:** *MNU 3-03b –* I can continue to recall number facts quickly and use them accurately when making calculations.

**Benchmark 1:** Recalls quickly multiplication and division facts to the 10th multiplication table.

Yes / No

**Benchmark 2:** Solves addition and subtraction problems working with whole numbers and decimal fractions to three decimal places.

Yes / No