Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_\_\_\_\_\_

Nutritional Content and Cost Comparison

1. Using the classroom handout provided, fill in the corresponding information below for each vegetable.

|  |  |
| --- | --- |
| **Fresh Asparagus** | |
| **Nutrients Per 1 Cup** | |
| Total Carbohydrate\_\_\_\_\_\_\_ grams | |
| Protein\_\_\_\_\_grams | |
| Sodium\_\_\_\_\_\_\_mg | |
| Total Calories |  |

|  |  |
| --- | --- |
| **Fresh Zucchini Squash** | |
| **Nutrients Per 1 Cup** | |
| Total Carbohydrate\_\_\_\_\_\_\_ grams | |
| Protein\_\_\_\_\_grams | |
| Sodium\_\_\_\_\_\_\_mg | |
| Total Calories |  |

|  |  |
| --- | --- |
| **Fresh Mushrooms** | |
| **Nutrients Per 1 Cup** | |
| Total Carbohydrate\_\_\_\_\_\_\_ grams | |
| Protein\_\_\_\_\_grams | |
| Sodium\_\_\_\_\_\_\_mg | |
| Total Calories |  |

|  |  |
| --- | --- |
| **Fresh Carrots** | |
| **Nutrient Per 1 Cup** | |
| Total Carbohydrate\_\_\_\_\_\_\_ grams | |
| Protein\_\_\_\_\_grams | |
| Sodium\_\_\_\_\_\_\_mg | |
| Total Calories |  |

|  |  |
| --- | --- |
| **Fresh Green Beans** | |
| **Nutrients Per 1 Cup** | |
| Total Carbohydrate\_\_\_\_\_\_\_ grams | |
| Protein\_\_\_\_\_grams | |
| Sodium\_\_\_\_\_\_\_mg | |
| Total Calories |  |

|  |  |
| --- | --- |
| **Fresh Cauliflower** | |
| **Nutrients Per 1 Cup** | |
| Total Carbohydrate\_\_\_\_\_\_\_ grams | |
| Protein\_\_\_\_\_grams | |
| Sodium\_\_\_\_\_\_\_mg | |
| Total Calories |  |

|  |  |
| --- | --- |
| **Frozen Stir Fry Vegetable Mix** | |
| **Nutrients Per 1 Cup** | |
| Total Carbohydrate\_\_\_\_\_\_\_ grams | |
| Protein\_\_\_\_\_grams | |
| Sodium\_\_\_\_\_\_\_mg | |
| Total Calories |  |

|  |  |
| --- | --- |
| **Summary of All Six Fresh Vegetable** | **Total** |
| Total grams of Carbohydrates |  |
| Total grams of Protein |  |
| Total mg of Sodium |  |

1. List vegetables from above in the chart below. Include the cost of the individual item found on the classroom handout. Use this information to find the total cost of all items and cost per serving.

Yield: \_\_1 Cup\_\_\_\_\_\_\_\_\_\_ Yield: \_\_\_1 Cup\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Fresh Vegetables | Cost |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| Total Cost |  |
| Cost Per Serving (divide total cost by 6) |  |

|  |  |
| --- | --- |
| Frozen Stir Fry Vegetable Mix | Cost |
|  |  |
|  |  |
|  |  |
|  |  |
| Cost Per Serving | $1.20 |
| Total Cost (Cost Per Serving x 5) |  |