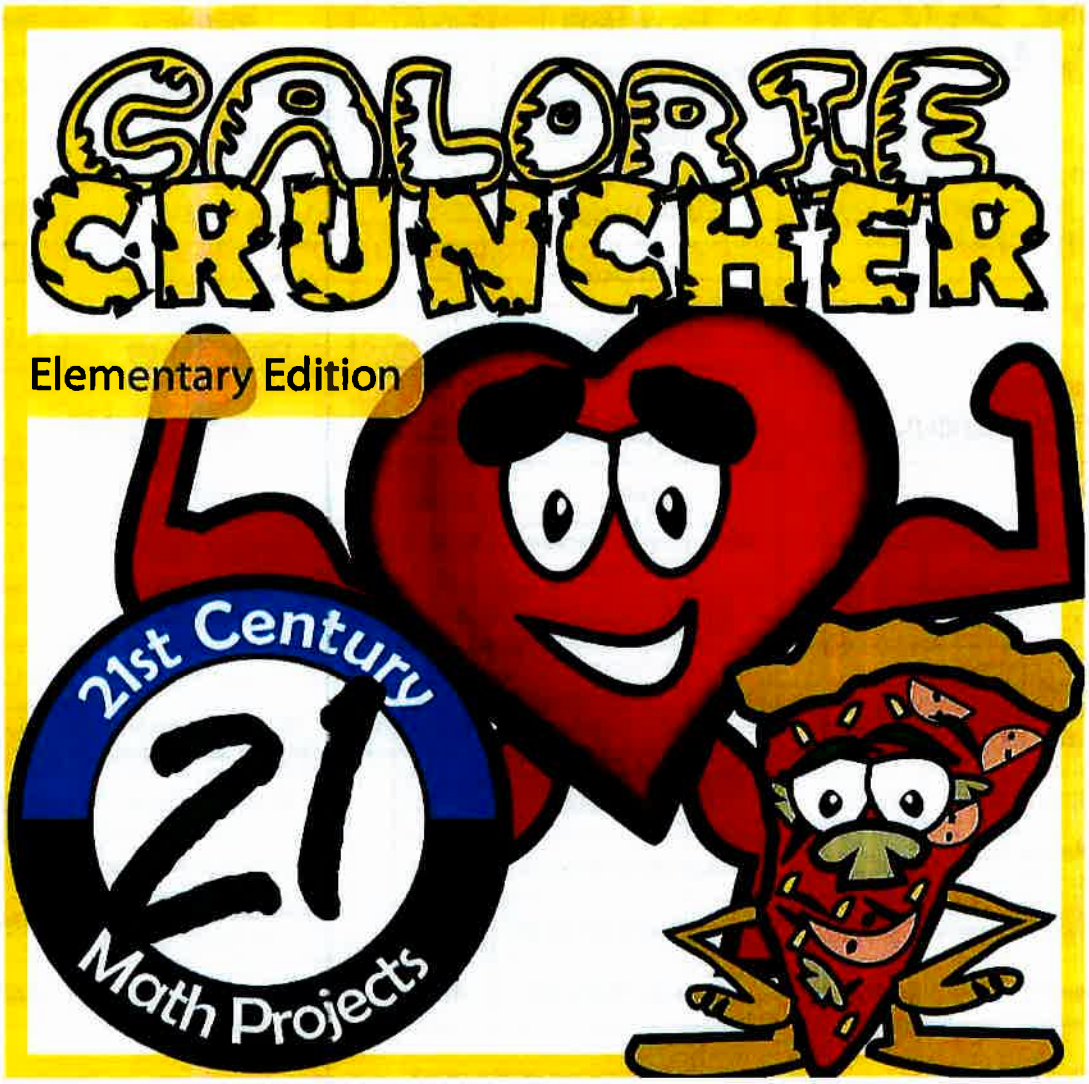


Chloe

Sub Center (SC)

6" Oven Roasted Chicken with Spinach	QTY. 1
Chocolate Chip Cookie	QTY. 1
Water	QTY. 1

Chloe places this order at SC
Will she stay under her 550 calorie goal for lunch?

_____ total ☐ 550

>, < or =

H.D.

Moshe's Restaurant

Chicken McNuggets (5 piece)	QTY. 2
French Fry - Large	QTY. 1
Raspberry Iced Tea	QTY. 1

H.D. places this order at Moshe's
Will he stay under his 1100 calorie goal for lunch?

_____ total ☐ 1100

>, < or =

Eden

Pita Hut

P'Zone Classic Taco Supreme	QTY. 1/2
Pepsi	QTY. 1

Eden places this order at Pita Hut.
Will she stay under her 750 calorie goal for lunch?

_____ total ☐ 750

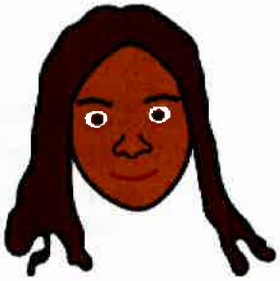
>, < or =

Pete

Pete wants to eat a delicious lunch. He wants to stay under 800 calories. Can you choose a restaurant and make an order for him?

_____ total ☐ < 800

>, < or =



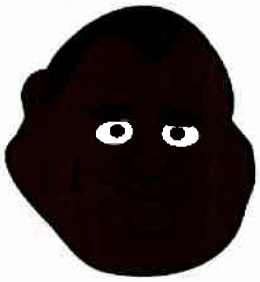
Chloe

Sub Center

6" Oven Roasted Chicken with Spinach	QTY. 1
Chocolate Chip Cookie	QTY. 1
Water	QTY. 1

Chloe places this order at Sub Center. Will she stay under her 550 calorie goal for lunch?

_____ total ☐ >, < or = 550



H.D.

Moshe's Restaurant

Chicken McNuggets (5 piece)	QTY. 2
French Fry - Large	QTY. 1
Raspberry Iced Tea	QTY. 1

H.D. places this order at Moshe's. Will he stay under his 1100 calorie goal for lunch?

_____ total ☐ >, < or = 1100

Eden

Pita [redacted] HUT

P'Zone Classic Taco Supreme	QTY. 1/2
Pepsi	QTY. 1

Eden places this order at Pita [redacted] Hut. Will she stay under her 750 calorie goal for lunch?

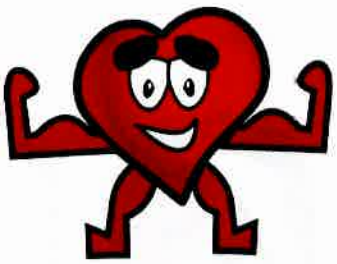
_____ total ☐ >, < or = 750

Pete

Pete wants to eat a delicious lunch. He wants to stay under 800 calories. Can you choose a restaurant and make an order for him?

_____ total [<] >, < or = 800

Fitness Guru



Name _____ Date _____

Exercise is one of the best things you can do for your body. It keeps your heart pumping and healthy. People choose to do different things to get their exercise. You burn calories by doing practically anything. Some people set goals for themselves. Will they reach them?

Use the data on "The Burn Chart" to help the five people determine if they will burn enough calories to reach their goal. If not, what can they do differently?

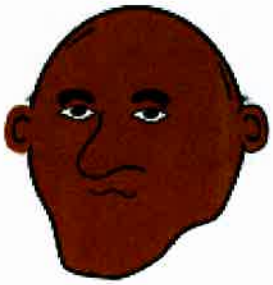
Activity	
Gymnastics	2 hrs
Soccer	1 hr

Isabella did these activities today. Will she go over her 1050 calorie exercise goal?

_____ total ☐ 1050

Isabella

>, < or =



Activity	
Cycling	3 hrs
Tennis	2 hrs

Tony did these activities today. Wil he go over his 2000 calorie exercise goal?

_____ total ☐ 2000

Tony

>, < or =

THE FOOD CHART

MILK & DAIRY	Calories in Portion
Cheese average	110 cals
Cottage cheese	49 cals
Cream cheese	200 cals
Eggs (1 average size)	90 cals
Ice cream	200 cals
Milk whole	175 cals
Milk semi-skimmed	125 cals
Milk skimmed	95 cals
Yogurt natural	90 cals
Yogurt reduced fat	70 cals

BREADS & CEREALS	Calories in Portion
Bagel	140 cals
Bread, white	96 cals
Bread, whole	88 cals
Noodles (boiled)	175 cals
Pasta (normal boiled)	330 cals
Pita	124 cals
Potatoes (boiled)	210 cals
Rice (white boiled)	320 cals
Wheat Wrap	94 cals

CONDIMENTS	Calories in Portion
Chipotle Mayo	100 cals
Ketchup	15 cals
Light Mayonnaise	45 cals
Mayonnaise	110 cals
Mustard	5 cals
Ranch	25 cals

DRINKS	Calories in Portion
Apple Juice	120 cals
Gatorade	50 cals
Hawaiian Punch	90 cals
Monster	100 cals
Orange Juice	140 cals
Water	0 cals

MEATS & FISH	Calories in Portion
Bacon average fried	303 cals
Beef (roast)	252 cals
Chicken	171 cals
Ham	115 cals
Lamb (roast)	300 cals
Pork	260 cals
Salmon fresh	190 cals
Sausage pork fried	360 cals
Trout fresh	120 cals
Tuna	191 cals
Turkey	180 cals

FRUITS & VEGGIES	Calories in Portion
Apple	44 cals
Banana	107 cals
Broccoli	27 cals
Cucumber	3 cals
Grapes	55 cals
Green Pepper	3 cals
Lettuce	4 cals
Orange	62 cals
Peas	210 cals
Spinach	8 cals
Strawberries	10 cals
Tomato	4 cals

OTHERS	Calories in Portion
Fiber One Chewy Bar	140 cals
Fruit Loops	120 cals
Lay's Potato Chips	150 cals
Oreos	160 cals
Peanut Butter	188 cals
Peanuts	160 cals
Pepperoni Hot Pocket	530 cals
Strawberry Pop Tart	410 cals
Stouffer's Mac & Cheese	350 cals
Trail Mix	593 cals

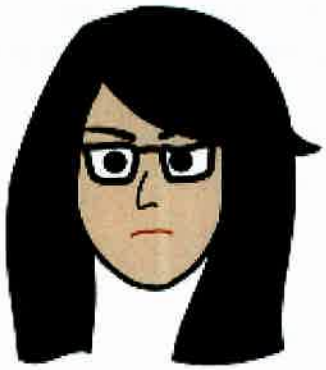
Data from: caloriecount.about.com

Shabazz

Shabazz burned 2000 calories today. He has already eaten 1000 calories. He would like to eat 200 less calories than he burned. For dinner, he'd like some kind of meat, bread, and fruit. Choose carefully and total up his calories to meet his goal.

_____ ☐ _____

meal total >, < or = His goal

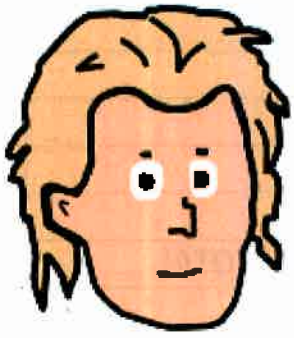


Sydney

Sydney burned 1500 calories today. He has already eaten 800 calories. He would like to eat 200 more calories than she has burned. For dinner, she'd like some kind of meat, bread, fruit and vegetables. Choose carefully and total up her calories to meet her goal.

_____ ☐ _____

meal total >, < or = Her goal



Roanoke

Roanoke burned 2400 calories today. He has already eaten 1600 calories. He would like to eat the same number of calories he has burned. If it can't be exact, he says it can be 20 calories more or 20 calories less. For dinner, he'd like some kind of meat, dairy, fruit and vegetables. Choose carefully and total up his calories to meet his goal.

_____ ☐ _____

meal total >, < or = His goal

Michael P.

GOAL: Coming out of retirement, Michael is preparing for his next World Championship run. He needs to maintain his weight through his training.

RESTRICTION: Michael needs to swim at least 5 hours a day and run at least 4 hours. He'd also like to spend at least an hour playing another sport.

Daily Goal:

Eat the same number of calories as he exercises
(at least within 50 calories)

FITNESS

Activity	cal
TOTAL	

DIET

BREAKFAST		LUNCH		DINNER	
item	cal	item	cal	item	cal
				TOTAL	

Diet Calories | >, < or = | **Exercise Calories**

In your plan, does Michael meet his goal?

Beyonce K.

Daily Goal:

Eat 500 more calories than exercise

GOAL: Beyonce has another baby on the way. Her doctor told her she needs to gain a pound a week to keep things healthy. Beyonce would like to stay active throughout her pregnancy.

RESTRICTIONS: Obviously being pregnant will mean she can't do contact sports. Since she's become pregnant she's also become lactose intolerant – so she cannot eat any dairy.

FITNESS

Activity	cal
TOTAL	

DIET

BREAKFAST		**LUNCH**		**DINNER**	
item	cal	item	cal	item	cal
				TOTAL	

_____ [ ] _____

Diet Calories >, < or = **Exercise Calories**

In your plan, does Beyonce meet her goal?

CALORIE CRUNCHER

Elementary Inequalities Edition

Rubric

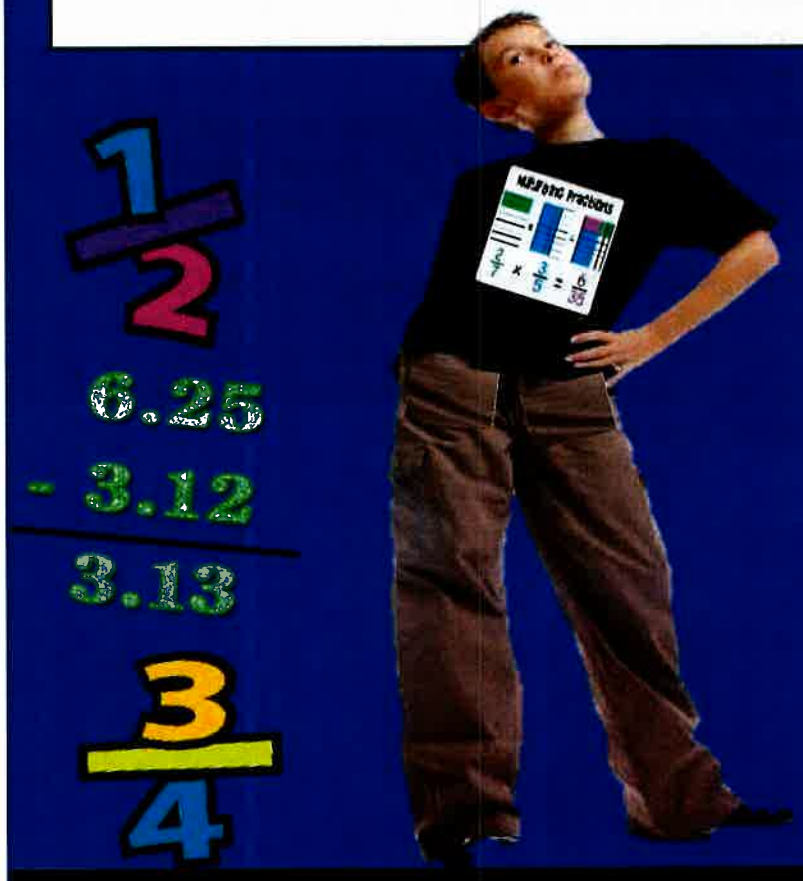
Standards		Exemplary	Proficient	Developing
4.NBT.A.2	compare two multi-digit numbers using >, =, and < symbols to record the results of comparisons.			
4.NBT.B.4	fluently add and subtract multi-digit whole numbers using the standard algorithm.			
4.NBT.B.5	multiply a whole number of up to four digits by a one-digit whole number			
Math Processes		**Exemplary**	**Proficient**	**Developing**
Skills & Mechanics	*accurately performs calculations*			
	demonstrates fluency with mathematical skills and processes			
Applications	*accurately interprets word problems and addresses them with appropriate math skills*			
	can articulate the meaning of calculations in the context of the problems.			
Use of Evidence & Analysis	*can determine what evidence is appropriate to answer a question*			
	utilizes mathematical outcomes to support their conclusions			

Comments:

4th GRADE

"ADDING, SUBTRACTING AND MULTIPLYING FRACTIONS"

Enrichment Projects

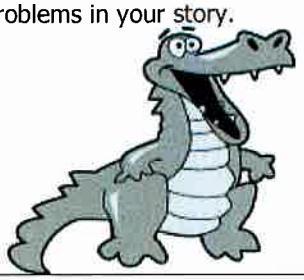


Nine No-Prep Fraction Operation Projects that Students Love!

CCSS.Math.Content.4.NF.B.3a, CCSS.Math.Content.4.NF.B.3b, CCSS.Math.Content.4.NF.B.3c, CCSS.Math.Content.4.NF.B.3d, CCSS.Math.Content.4.NF.B.3, CCSS.Math.Content.4.NF.B.4, CCSS.Math.Content.4.NF.B.4a, CCSS.Math.Content.4.NF.B.4b, CCSS.Math.Content.4.NF.B.4c

4th Grade Adding, Subtracting & Multiplying Fractions Enrichment Projects

Name: Due Date:

Create a poster that teaches how to add and subtract fractions with different denominators. Include illustrations, models and directions. The poster should be neat and attractive and have a general theme such as football, dogs, etc.	Brainstorm forty real-life situations in which you might have to multiply fractions. Make your list neat and organized. Add three illustrations. 	Compose a rhyming poem with four stanzas, one stanza in the poem should be about each of the following subjects: • **Multiples** • **Denominators** • **Mixed Numerals** • **Improper Fractions**
Write ten word problems that involve multiplication of a fraction by a whole number. **For example:** **If each person at a party will eat 3/8 of a pound of roast beef, and there will be 5 people at the party, how many pounds of roast beef will be needed? Between what two whole numbers does your answer lie?** Write ten word problems such as above and include an illustration for every problem. Create an answer key for your teacher.	You need to make chocolate chip cookies using the following recipe for a party: 1 ½ cups sugar 6/8 cup of butter 1 1/3 cups of brown sugar ¾ teaspoon baking soda 2 4/7 cups chocolate chips 3 eggs ¾ teaspoon of salt You've just found out that twice as many people will be coming than you thought would be attending. Rewrite the recipe to serve twice the amount of people.	Create a fraction worksheet puzzle in which other students must fill in the blanks with three fraction addends that equal a specific sum. **For example:** **(Q) _+_+_= 8/8 or 1** **(A) 1/8 + 3/8 + 4/8= 8/8 or 1** **(Q) _+_+_= 3 1/2** **(A) 1 + 2 + 1 1/2 = 3 ½** The worksheet should have at least twenty problems such as the ones above and a separate answer key for your teacher.
Write a humorous story about the 1/3 reptile or any other animal that kept multiplying by 1/3rd's until there were 9 full reptiles. Be sure and include actual fraction multiplication problems in your story. 	Solve each of the following problems on a separate sheet of paper by finding the missing whole number: (The first one is done for you.) 1. 5/4= 5 x ¼ 2. 8/3=____ x 1/3 3. 9/4=____ x ¼ 4. 9/2=____ x ½ 5. 10/3=____ x1/3 6. 7/2=____ x ½ 7. 11/3=____ x 1/3 8. 7/4= ____ x ¼ 9. 12/5=____ x 1/5 10. 11/4=____x 1/4	Create a guide called, "How to Multiply Fractions" to pass out to your classmates. Add illustrations, models, directions and humor to the guide to make it interesting. 

Complete three projects in tic tac toe order.

©GinaKennedy

4th Grade Adding, Subtracting and Multiplying Fractions Project Rubric:

Projects include all of the required components..... 40 Points____

Projects are neat and organized.....30 Points____

Projects make mathematical sense.....20 Points____

Projects completed on time.....10 Points____

Total Possible..... .....100 Points

Student Name_____

Total Points _____

Grade_____

Do the best you
can until you
know better.
Then when you
know better, do
better.

- Maya Angelou

4th GRADE "Multi-Step Multiplication and Division" Enrichment Projects

$168 \div 8 + 3 = x$

Nine No-Prep Multiplication and Division Projects that Students Love!

CCSS.Math.Content.4.OA.A.1, CCSS.Math.Content.4.OA.A.2, CCSS.Math.Content.4.OA.A.3

4th Grade Multiplication and Division Enrichment Projects

Name: Due Date:

Create a video game in which students have to use at least two different mathematical operations to solve a problem. Title your game, make a creative video game cover design and write a list of directions to place inside your cover to teach others how to play the game.	Research the population of ten cities in your state. Record the results. Create five word problems using the results. The word problems should require at least three steps to find the answer and include three different operations; choosing from multiplication, division, addition or subtraction.	Author a parody of a famous fairy tale in which the characters have to use multiplication, division, subtraction and addition. For example, Goldilocks would have to solve a problem instead of trying the porridge. Add two illustrations to your story.
Create a poster to teach others how to recognize a multi-step math problem. Provide word clues they may use to dertermine what operation to use. Add instructions , models and illustrations to make the poster more interesting. 	Create a ten page story book in which each page is part of a ten part expression such as 8 + 4 x 5 ÷ 5 x 6 - 2 and so on. On each different page create a story line that fits that part of the expression. Let your readers compute each answer from page to page. **For example:** **1st page: Once upon a time there was a lonely old woman who had 8 children and wanted four more.** **2nd Page: Then she decided to plant a pumpkin patch and would need five times as many children to help her.**	Josh saved $25 a month. Megan saved four times as much as Josh each month Diana saved ½ of what Megan saved each month. Tracey saved $15 more than Megan each month and Kaileb saved $20 less than Tracey each month. How much would Josh, Megan, Diana, Tracey and Kaileb save in three months time? Solve this multi-step problem using four operations, show your work and record your answer. Then write two problems of your own that require using four different operations. Provide an answer key.
Write ten multi-step word problems that have at least three of the following operations: multiplication, division, addition or subtraction. Each problem should be about a different relative in your family. Relatives could be your father, mother, sister, brother, aunt, grandma and etc. **For example:** **Uncle Vinnie borrowed my dad's car for 10 days in each of October and November. Half of the days he borrowed the car, he received speeding tickets of $100 each. How much were his speeding tickets altogether?**	Write a letter to your principal discussing your opinion as to whether or not the cafeteria food has too many calories. In the letter, require your principal to add, subtract, multiply and divide. Create an illustration to accompany your letter. 	$35 = 5 \times 7$ is simply a statement that 35 is 5 times as many as 7 and 7 times as many as 5. Using this type of reasoning, create a rhyming poem with eight more statements such as this one. Include an illustration with your poem. **Example:** **24 is 4 x as many as 6, I predict!** **And 32 is 8 times as many as four, shut the door!**

Complete three projects in tic tac toe order.

©GinaKennedy

4th Grade Multiplication and Division Project Rubric:

Projects include all of the required components..... 40 Points_____

Projects are neat and organized.....30 Points_____

Projects make mathematical sense.....20 Points_____

Projects completed on time.....10 Points_____

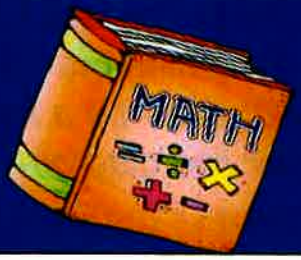
Total Possible..... .....100 Points

Student Name_____

Total Points _____

Grade_____

4th GRADE "FRACTIONS AND DECIMALS" Enrichment Projects



Nine No-Prep Fraction and Decimal Projects that Students Love!

CCSS.Math.Content.4.NF.C.5, CCSS.Math.Content.4.NF.C.6, CCSS.Math.Content.4.NF.C.7

4th Grade Fractions and Decimals Enrichment Projects

Name: Due Date:

We know that .62 = 62/100. Write a funny letter to your principal about the school lunches using five fractions in the letter and five decimals in the letter that are equivalent to the fractions you used. **For example** **I would like the cooks to use only .55 of the salt that they are currently using on the french fries. I only eat the french fries 55/100th's of the time.** Include two illustrations with your letter.	As part of your studies you learned that fractions with denominators of 10 are equivalent to fractions with denominators of 100 or 1000 such as 4/10 = 40/100. Create a worksheet with twenty five problems in which a classmate would be required to find the missing numerator. **Example:** **5/10 = ____/1000 (Answer: 500)** Include an answer key for your teacher.	Create a picture book illustrating a type of candy representing a decimal such as .3 and then another type of candy representing an equivalent fraction such as 3/10. Your book should have examples of five fractions and five equivalent decimals. There should be a total of ten types of candy. Each page should have a sentence describing the fraction or decimal. Each of the sentences should rhyme with the sentence on the previous page.
Create a brochure to hand out to the famous mathematician's at the "Math Stars Convention" that is titled, "How to Compare Decimals". In the brochure explain how to know if decimals are greater than, less than or equal to each other. Include models, illustrations and directions in your brochure.	Brainstorm twenty real-life situations in which you would use fractions instead of decimals. Then brainstorm twenty real-life situations in which you would use decimals instead of fractions. Make your lists neat and organized.	Create an eight frame comic strip about the "Decimal Hero" who saved all of the fractions on earth equivalent to him/her. 
Illustrate a book about "Crazy Decimal Man" in which every part of his clothing or body is equivalent to a different crazy decimal. **For example his sleeves are .3 long. His shoes only cover .5 of his feet. His socks cover only .1 of his leg.** The book should be ten pages long with ten different examples of his decimal craziness.	Compose ten word problems in which you add two fractions with base ten denominators in the 10's and 100's such as: **Sam ate 3/10 of his first cheeseburger and then he ate 43/100 of his second cheeseburger. What total fraction of his cheeseburger did he eat? Answer: 73/100.** Include an answer key for each problem for your teacher.	Write a humorous one-page fiction story about the mad scientists who invented decimals while he was creating a formula that would destroy the Earth. Add two illustrations to your story. 

Complete three projects in tic tac toe order.

4th Grade Fractions and Decimals Project Rubric:

Projects include all of the required components..... 40 Points____

Projects are neat and organized.....30 Points____

Projects make mathematical sense.....20 Points____

Projects completed on time.....10 Points____

Total Possible..... .....100 Points

Student Name_____

Total Points _____

Grade_____

Do the best you can until you know better. Then when you know better, do better.

- Maya Angelou