**Practice for N-22, N-23, and N-24**

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| **Chicken McNuggets**C:\Users\Mister Warren\Downloads\mcnugget label.png**Big Mac**C:\Users\Mister Warren\Downloads\big mac label.png | 1. How many Chicken McNuggets are in the whole box?
2. How many Calories does **one McNugget** have?
3. How many Calories are in **the whole box**?
4. What **percent** of Calories (**out of 2000 Calories**) would you consume if you ate the whole box?
5. How many McNuggets would you need to eat to **reach 2000 Calories**?
6. For the McNuggets, what **percent** of Calories are **from fat**?

*(note: you should try to keep your % calories from fat below 30%)*1. For the Big Mac, what **percent** of Calories are **from fat**?
2. What **percent** of Calories (**out of 2000 Calories**) would you consume if you ate a Big Mac?
3. How many Big Macs would you need to eat to **reach 2000 Calories**? (Round to 1 decimal place.)
4. How many McNuggets would you need to eat to get the same Calories as a Big Mac?
5. When comparing nutrient densities, why would it be unfair to compare the numbers in 1 serving of McNuggets versus the numbers in 1 Big Mac?
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