**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? |