



# Lunch by the Numbers (Real World Math: Health and Wellness)

*Cecilia Minden*

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## **Lunch by the Numbers (Real World Math: Health and Wellness) Cecilia Minden**

Lunch is an important part of staying energized in the middle of the day. Readers will discover that using math to calculate calories and portion sizes can help them make healthy food choices whether they are bringing lunch from home or buying lunch in the school cafeteria.

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