2021 Worksheet 7
Year 11 Life Mathematics

Write the answers in your Exercise Book.

Refer to the nutritional value of two types of rice **Type A** and **Type B** given below.

Nutritional Value (per 100g)		
Nutrient	**Type A**	**Type B**
Protein	2.8g	3.2g
Niacin	0.6mg	1.7mg
Carbohydrates	28g	32g
Energy	520kJ	630kJ
Fibre	0.8g	1.8g
Thiamine	0.03mg	0.14mg
Iron	0.6mg	0.5mg
Calcium	4mg	5mg

1. Which type of rice has greatest amount of

   (a) protein? **(1 mark)**

   (b) fibre? **(1 mark)**

   (c) iron? **(1 mark)**

2. If Ryan had 250 g of **Type A** rice, determine the amount of

   (a) protein **(1 mark)**

   (b) fibre **(1 mark)**

   (c) iron. **(1 mark)**

3. How much protein is present in 300g of **Type B** rice? **(1 mark)**