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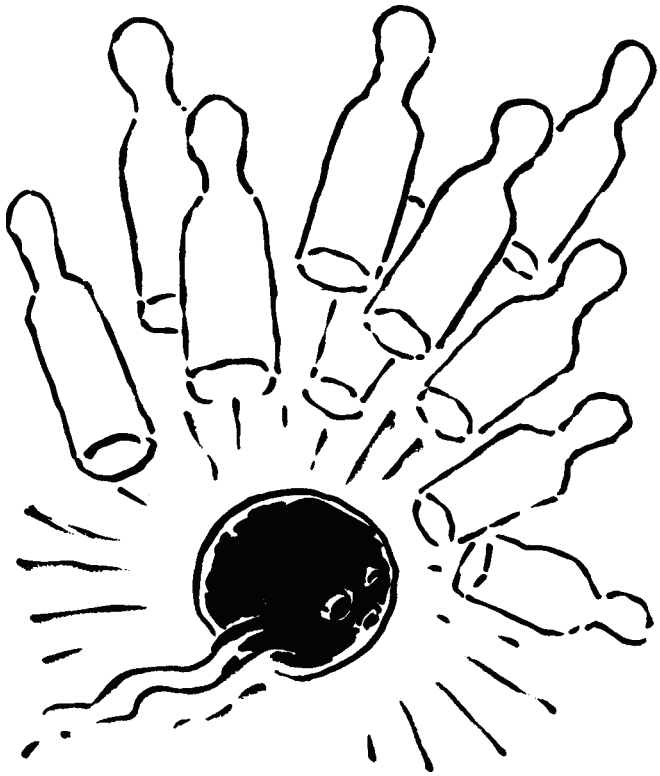
Name: _____ Date: _____

# Know Your Bowling Score!

In bowling, you throw 2 balls in each frame, except when you get a *strike.* A *strike* occurs when you knock down all 10 pins on the first throw.



In frame 1 of the game below, you knocked down 6 pins on the first throw and 3 pins on the second throw, so your score for frame 1 is **9.** In frame 2, you knocked down 8 pins on the first throw and 0 pins (shown by the —) on the second throw. Your score in frame 2 is 9 + 8, or **17.**

In frame 3 you knocked down 5 pins on the first throw and the rest of the pins on the second throw. This is called a *spare* (shown by the /). A *spare* counts for 10 pins, plus the number of pins knocked down with the *first* ball in the next frame. Since you knocked down 4 pins on the first throw in frame 4, your score for frame 3 is 17 + 10 + 4, or **31.**

**1.** Complete the scoring for the game below.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|
| 6 \| 3 | 8 \| – | 5 \| / | 4 \| 5 | 6 \| / | 9 \| – | – \| / | 2 \| 6 | 7 \| / | 5 \| 4 \| |
| 9 | 17 | 31 | | | | | | | |

A *strike* (shown by an X) counts for 10 pins, plus the number of pins you knock down with the next *two* balls. Your score for frame 2 in the game below is 9 + 10 + 7 + 2, or **28.**

**2.** Complete the scoring for the game below. Note that when you get a spare in the tenth frame, you get one extra throw.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|
| 9 \| – | \| X | 7 \| 2 | 6 \| / | 9 \| – | \| X | 5 \| 4 | – \| / | \| X | 5 \| / \| 9 |
| 9 | 28 | | | | | | | | |

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Name:_____ Date: _____

# Counting Calories

A *calorie* is a unit for measuring the amount of energy supplied by food. The table at the right shows the daily calorie needs for people of certain ages and weights.

| Males | | | Females | | |
|---|---|---|---|---|---|
| **Age** | **Weight** | **Calories** | **Age** | **Weight** | **Calories** |
| 7–10 | 62 | 2,000 | 7–10 | 62 | 2,000 |
| 11–14 | 99 | 2,500 | 11–14 | 101 | 2,200 |
| 15–18 | 145 | 3,000 | 15–18 | 120 | 2,200 |
| 19–24 | 160 | 2,900 | 19–24 | 128 | 2,200 |

1. A 19-year-old man who does very heavy work needs 1,450 calories a day more than his usual amount. How many calories a day does such a man need? _____

The table below lists how many calories are provided by various foods. Use the table to find daily calorie intakes on the next page.

### Bread, Cereal, Rice, and Pasta Group

| Food | Calories |
|---|---|
| bagel, plain (1) | 200 |
| bread, wheat (2 slices) | 110 |
| bread, white (2 slices) | 126 |
| cake, plain with frosting (1 slice) | 445 |
| cornflakes, unsweetened (1.1 oz) | 110 |
| cornflakes, sweetened (1.1 oz) | 120 |
| doughnut, iced (1) | 210 |
| macaroni, hot (1 cup) | 190 |
| noodles, cooked (1 cup) | 200 |
| pancakes (3 with syrup) | 360 |
| pie, apple (1 slice) | 377 |
| popcorn, air-popped (1 cup) | 30 |
| tortilla, corn (1) | 65 |

### Meat, Poultry, Fish, Eggs, and Nuts Group

| | |
|---|---|
| bologna (2 slices) | 180 |
| chicken, fried (2 drumsticks) | 390 |
| egg, fried (1) | 110 |
| egg, hard-cooked (1) | 75 |
| fish sticks, frozen, reheated (2) | 140 |
| peanut butter (1 tablespoon) | 95 |
| hamburger ($\frac{1}{4}$ lb) | 334 |
| roast beef, lean (2.6 oz) | 135 |
| tuna fish, canned in oil (3 oz) | 165 |
| turkey, roasted (5 oz) | 240 |

### Milk, Yogurt, and Cheese Group

| Food | Calories |
|---|---|
| cream cheese (2 tablespoons) | 70 |
| ice cream (1 cup) | 270 |
| milk, skim (1 cup) | 87 |
| milk, 2% (1 cup) | 130 |
| milk, whole (1 cup) | 166 |
| milk shake (10 oz) | 355 |
| yogurt, fruit filled (8 oz) | 230 |

### Fruit and Vegetable Group

| | |
|---|---|
| apple (1) | 100 |
| banana (1) | 104 |
| carrots, small (2) | 50 |
| celery (2 stalks) | 14 |
| corn, cooked (1 ear) | 85 |
| orange juice (1 cup) | 110 |
| potato, baked (1) | 98 |
| potatoes, fried (20) | 394 |
| salad and dressing | 119 |

### Fats, Oils, and Sweets Group

| | |
|---|---|
| candy, milk chocolate (1 oz) | 145 |
| cola (12 oz) | 160 |
| jams and preserves (1 tablespoon) | 55 |
| margarine (1 tablespoon) | 100 |

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Use the calorie table to find each person's calorie intake for a certain day.

**2.** *Charlie Calorie, age 15, weight 125 lb*

| Food | Calories |
|---|---|
| **Breakfast** | |
| doughnut, iced (1) | |
| pancakes (3 with syrup) | |
| milk, whole (1 cup) | |
| orange juice (1 cup) | |
| **Lunch** | |
| hamburger ($\frac{1}{4}$ lb) | |
| potatoes, fried (20) | |
| milk shake (10 oz) | |
| candy, milk chocolate (1 oz) | |
| **Dinner** | |
| chicken, fried (2 drumsticks) | |
| salad and dressing | |
| corn, cooked (1 ear) | |
| cola (12 oz) | |
| pie, apple (1 slice) | |
| popcorn, air-popped (1 cup) | |
| **TOTAL** | |

**3.** *Nancy Nutrition, age 13, weight 100 lb*

| Food | Calories |
|---|---|
| **Breakfast** | |
| cornflakes, unsweetened (1.1 oz) | |
| egg, fried (1) | |
| milk, 2% (1 cup) | |
| banana (1) | |
| orange juice (1 cup) | |
| **Lunch** | |
| bread, white (2 slices) | |
| peanut butter (1 tablespoon) | |
| jam (1 tablespoon) | |
| apple (1) | |
| milk, 2% (1 cup) | |
| **Dinner** | |
| turkey, roasted (5 oz) | |
| potato, baked (1) | |
| margarine (1 tablespoon) | |
| corn, cooked (1 ear) | |
| carrots, small (2) | |
| milk, 2% (1 cup) | |
| ice cream (1 cup) | |
| **TOTAL** | |

**4.** **a.** Whose calorie intake was more than his or her daily need? _____

**b.** How many calories did that person go over his or her daily need? _____

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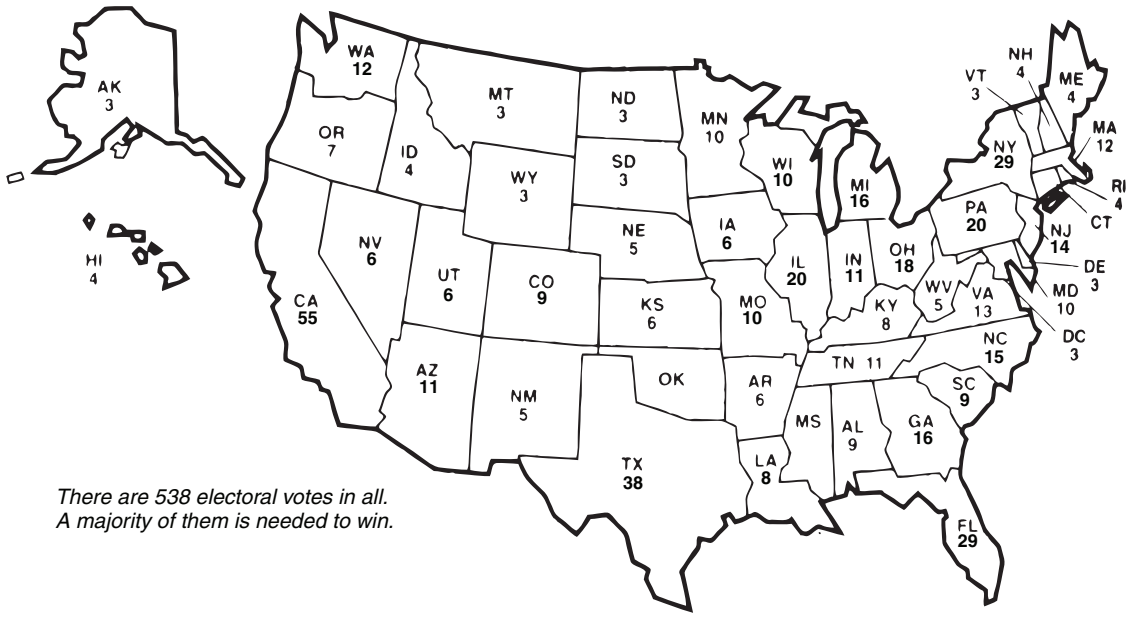
Name: _____ Date: _____

# Presidential Playing Field

The president of the United States is elected by the *electoral college.* States with large populations have more electoral votes than states with small populations.

The candidate who receives the greatest number of popular votes in a state usually gets *all* of the state's electoral votes. To become president, a candidate must receive a *majority* (more than half) of the electoral votes. Since 1964 (when Washington, D.C., was added to the electoral college), the total number of electoral votes has been 538.

**Electoral Votes for President**
**(based on the 2010 Census)**




*There are 538 electoral votes in all.*
*A majority of them is needed to win.*

1. How many more electoral votes does New York (NY) have than New Jersey (NJ)? _____

2. How many fewer electoral votes does Florida (FL) have than Texas (TX)? _____

3. In 1944, California (CA) had only 25 electoral votes. How many electoral votes has it gained since then? _____

4. The six states with the most electoral votes are California, Texas, New York, Florida, Pennsylvania (PA), and Illinois, (IL).
   a. How many electoral votes do these six states have in all? _____
   b. How many electoral votes do the rest of the 44 states and Washington, D.C., have in all? _____

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