

Do! L1: Trail Mix For One | Student Worksheet

This trail mix recipe is only for one person, but you need to make enough trail mix for your 4 people. Scale this recipe to make enough for everyone!

Trail Mix

Yield: 4 servings; Serving Size: $\frac{3}{4}$ C

Ingredients:

- $\frac{1}{4}$ C whole grain cereal
- 1 T raisins
- 2 t sunflower seeds

Directions:

1. Mix all ingredients together in a small bowl.
2. Serve and enjoy!

Record your answers in the yellow boxes below:

For One:	Scale by 2: multiply each ingredient by 2	Scale by 4: multiply each ingredient by 4	Ingredient:
$\frac{1}{4}$ cup			Whole grain cereal
1 tablespoon			Raisins
3 teaspoons			Sunflower seeds

Conversion Chart:

