**Parents: Please take a few minutes to work with your student on this sheet with some Thanksgiving Facts. Complete and return signed by Nov. 20 for your student to receive 5 PBIS points.**

# Thanksgiving Calories Worksheet

## Part A: Background & Estimation

1. **Reading / Social Studies**
   Read the following short description and answer the questions.

   The "First Thanksgiving" in 1621 was a harvest feast held by the Pilgrims and the Wampanoag people. Foods likely served included wildfowl (various birds), venison, corn (in porridge form), shellfish (mussels, clams), and local vegetables such as beans, squash, onions, cabbage, and berries. (Historians note that potatoes, sugar-sweetened dishes, and modern pies were probably not present.) History+2Smithsonian Magazine+2

   Modern Thanksgiving meals often include turkey, stuffing, mashed potatoes with butter and milk, gravy, green bean casserole, rolls, cranberry sauce, and pumpkin pie. Consumer Reports+2Mathnasium+2

   **Question:**
   a) Why might the foods at the First Thanksgiving have been simpler (i.e. fewer ingredients or prepared with less fat/sugar) compared to modern meals?

## Part B: Calories in a Modern Thanksgiving Meal

Below is a sample breakdown of calories in typical Thanksgiving dishes (based on nutrition surveys). Consumer Reports+2American Council on Science and Health+2

| Dish | Approximate Serving | Calories |
|---|---|---|
| Turkey (white meat, with skin) | ~3.5 oz | ~177 |
| Mashed potatoes | 1 cup | ~237 |
| Stuffing | ½ cup | ~195 |
| Green bean casserole | 1 cup | ~227 |
| Cranberry sauce | ¼ cup | ~102 |
| Gravy | ¼ cup | ~25 |
| Dinner roll | 1 roll | ~80 |
| Pumpkin pie (1 slice) | 1⁄8 of pie | ~280 |

**Questions / Tasks:**

1. **Math — Addition & Total Calories**
   Suppose a student's plate has the following:
   - Turkey (3.5 oz)
   - 1 cup mashed potatoes
   - ½ cup stuffing
   - 1 cup green bean casserole
   - ¼ cup cranberry sauce
   - ¼ cup gravy
   - 1 roll
   - 1 slice pumpkin pie

   a) Add up the total calories from all these foods.

2. **Science / Nutrition**
   a) Which dishes are likely to have the most fat or sugar content? Explain why (consider ingredients like butter, cream, sugar, etc.).

**Parent and Student Signature:**

**Date:**