Problem Statement:

**What food is the best source of calcium?**

Answer this question by finding the percent Daily Value (DV) of calcium in one serving of at least five foods. Prepare a bar graph of the calcium content in the foods you chose and answer the following questions: What is the definition of Daily Value? What is the DV for calcium in mg? How many calories are in the diet on which this recommendation is based? How many mg of calcium are in a single serving of the best food you found? How many servings of the best food you found would be necessary to provide the complete DV of calcium?

Important Instructions:

- Turn in this sheet along with your graph and your printed answer page.
- Substitute your team number for the X’s when saving the Word and Excel files.
- Email your Excel and Word files to MSSOComputeThis@yahoo.com.
Compute This

Scoring Notes

1. Record the elapsed time when each team turns in their answer sheets. This time is to be used only as a tiebreaker.

2. There will be many possible answers for the types of food which they find. The emphasis in awarding points should be on accuracy of the data and question answers in the context of the specific foods each team identifies.

3. The teams should email their original Excel spreadsheet and Word document to MSSOComputeThis@yahoo.com. If you wish to verify the accuracy of URLs or data, you can access this account using the password mssoct.