

THE BOX OF HORRORS

Uh oh. Mom is at it again. She has decided that it is time we start eating “healthier”. She has brought home a box of better-for-you alternatives for us to eat. It sounds like trouble.

Mom starts by throwing out all of the tasty food in the house! She tosses 32 ounces of candy, 16 ounces of potato chips and 2 pounds of fried chicken into the trash can. Then she dumps 64 ounces of soda down the drain! She even goes so far as to throw out the 24 ounces of ice cream that was hidden in the back of the freezer. How many pounds of food did mom get rid of? (hint: 16 ounces = 1 pound)

Obviously, someone needs to give Mom a lecture on the evils of food waste. That will have to wait though. Mom pulls a bag of quinoa (pronounced KEEN-WAH) out of the box. KEEN-WAH is a strange grain that is supposedly super-healthy. It is not appropriate for respectable folks. In order to make a KEEN-WAH breakfast gruel, you need 2 and $\frac{1}{2}$ cups of water for every cup of KEEN-WAH. Mom adds 3 cups of KEEN-WAH to the pot. How much water does she need to add?

That was unpleasant, but now it’s lunch time! It looks like we are having quesadillas. Mom decides to add radish greens to what SHOULD be a delicious dish of bread and cheese. The greens weigh 3 pounds out of the box, but after being cooked they only weigh $\frac{2}{3}$ of their original weight. How much of this green substance did mom pile on our otherwise tasty treat?

Mom says that there is meat on the menu for dinner! Hooray! No more of this rabbit food nonsense. She pulls a container full of something called liver out of the box and starts cooking it up. It stinks to high heaven and tastes even worse! Mom serves up 8 ounces of liver, but it’s impossible to choke down more than $\frac{1}{4}$ of it. How much liver are we going to be able to eat?

At least it is now time for dessert. Or should I say “dessert?”. Instead of serving up something tasty like cookies or cake, Mom brings out a big bowl of jicama. It seems wrong to serve up something that tastes like a combination of a pear and a potato for dessert, but the box of horrors seems capable of anything! The bowl is piled high with 5 pounds of jicama. Each of the 4 family members gets an equal portion. There is enough room in our pockets to hide $\frac{1}{2}$ of what we are given. How much does each family member actually have to consume?



Are you ready to EAT HEALTHY?!