

Lesson 4: Evaluating Expressions



1. What are some social causes you care about? Write about a cause that is most important to you and why it is important.



Some common social causes that students and adults alike care about include:

College Affordability Racial Justice: Black Lives Matter Food Deserts
Climate Change Gun Control Gender Equality and Equal Pay
Immigration Reform LGBTQIA Rights Voting Rights
Hunger and Homelessness Humane Treatment of Animals

Another Social Cause is the Healthy Food Movement

This movement broadly seeks to increase better eating in the United States. The movement emphasizes locally grown foods and more greens. The challenge they are currently facing is how to work with the fast-paced American lifestyle in which grab-and-go foods are the norm.



Another issue this cause cares about is “food-insecurity” which is the inability to access nutritious foods; cost is the most common barrier to accessing nutritious foods. As a result, many Americans choose to buy cheaper foods to fit their budget which often do not have all of the nutrition components they need and are high in calories from fats and sugars.



2. If you could order anything you wanted from the [Taco Bell menu](#), what would you order? Next, record the calories of each item to find the total amount of calories in your meal.

| | | | |
|---|---|---|--|
|  |  |  |  |
| Spicy Potato Soft Taco \$1.00 240 Cal ✓ | Chicken Chipotle Melt \$1.00 190 Cal | Beef Burrito \$1.00 430 Cal | Cheesy Bean and Rice Burrito \$1.00 410 Cal ✓ |



The Smith family placed an order using only value menu items pictured above. Based on the expression below, can you tell what they ordered?



Explain your thinking to your partner.

$$190(3) + 410(2) + 240(2) + 430(4)$$

You find out the Smith family is a family of 4. Given that the average person should have a 2,000 calorie diet, do you think this family is consuming a healthy amount of calories for dinner? Explain your thinking to your partner.



| | | | |
|---|---|--|---|
|  |  |  |  |
| Spicy Potato Soft Taco \$1.00 240 Cal ✓ | Chicken Chipotle Melt \$1.00 190 Cal | Beef Burrito \$1.00 430 Cal | Cheesy Bean and Rice Burrito \$1.00 410 Cal ✓ |
|  |  |  |  |
| Cheesy Roll Up \$1.00 180 Cal ✓ | Chips and Nacho Cheese Sauce \$1.00 220 Cal ✓ | Cinnamon Twists \$1.00 170 Cal ✓ | VALUE MENU |



3. Create your own Taco Bell order using only the Value Menu pictured above. Write an expression to represent the amount of calories that you would consume if you ate the order. Then, find the total amount using the expression. Is your meal a healthy choice? Why or why not?

4. Take a look at the Group section of the [Taco Bell Menu](#). Can you tell what was ordered from the group menu?



Which expression helped you discover the order?

- $3p$
 - $3(4t + 4b)$
 - $(4t + 4b) + (4t + 4b) + (4t + 4b)$
 - $12t + 12b$
5. Take the Group section of the [Taco Bell Menu](#) further... What do the variables and coefficients mean in each expression in the box below?



| | | | |
|------|--------------|-------------------------------------|-------------|
| $3p$ | $3(4t + 4b)$ | $(4t + 4b) + (4t + 4b) + (4t + 4b)$ | $12t + 12b$ |
|------|--------------|-------------------------------------|-------------|



Which expression would you use to find the total calories of the party order? Why?

6. What would be your ideal order at [Wendy's](#)?
What would be your ideal order at [McDonald's](#)?
What would be the calories of each meal? The total price at each place?
You may consider using an organizer in your workbook to collect all of the necessary information.



7. Given the information you recorded in your table or other organizational tool, where should you place your order? Is Wendy's or McDonalds better? In your explanation, be sure to connect your reasoning to the calories and the price for each order.



8. Reflect: How might regularly eating at fast-food or grab-and-go restaurants impact the health of you and your family?

Summary



9. Think about the fast-food menus you explored today. Is there anything that you have a new outlook about or something you may do differently in the future?

10. How did your knowledge of like and unlike terms help you identify/create equivalent expressions?