

MATH ASSIGNMENTS

1. In order to get the same amount of Beta-carotene contained in one medium orange kumara, a person would have to consume 23 cups of broccoli. How many kumara would it take to fulfill the same requirements as 100 cups of broccoli?

2. If $\frac{2}{3}$ of a cup of kumara gives you 100% of the Recommended Daily intake for Vitamin E. How many cups of kumara would be needed to meet in full of Vitamin E for five rugby players?

3. What is the difference in the temperature required to cure kumara (30°C) and the temperature needed to store kumara (12°C)?

4. If kumara seedlings are transplanted in October, November and December, how many days do farmers transplant seedlings?

5. If harvesting kumara begins in February and ends in April, how many months are included in the harvest time for kumara?

6. If a kumara houseplant begins to bud in 14 days, how many weeks will pass during this time?

7. How much time can you save by microwaving a kumara rather than baking it? And how much time can you save by boiling rather than steaming?

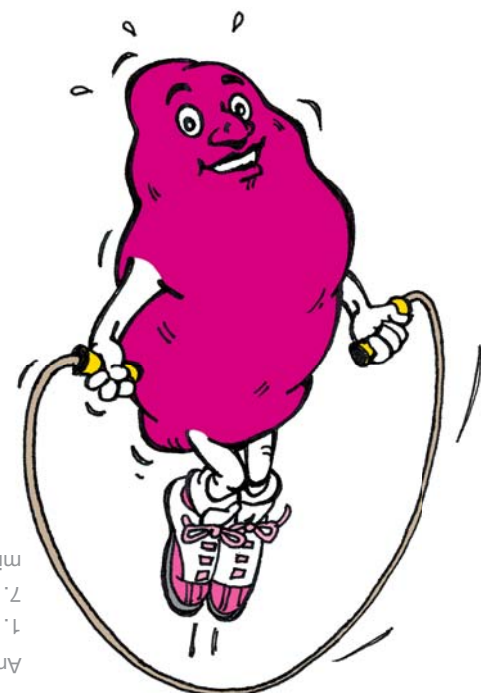
Cooking kumara:

Bake: 50 minutes

Boil: 40 minutes

Steam: 45 minutes

Microwave: 5 minutes



Answer Key

1. 4.34 kumara 2. 3 and $\frac{1}{3}$ cups 3. 18°C 4. 12 5. 3 6. 2
7. Microwaving vs baking saves you 45 minutes, boiling vs steaming saves you 5 minutes.