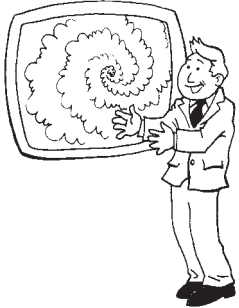


Contents

Introduction 1

1 Math and Meteorology 3



Keeping Track of Highs and Lows 4

Continental Hot Spots 7

Let's Climb a Mountain 9

The Heat Index 13

Winter's Temperatures and Wind Chill 15

The Science of Lightning 20

Average Rainfall around the World 24

The Geometry of Hurricanes 28

A Collection of Puzzles 32

Books and Web Sites 35

2 Math and Medicine 38



Understanding & Reading Growth Charts 39

Reading the Blood Pressure Charts 45

Prescribing Medication 49

Diabetes and Diet 51

Average Weight for Boys and Girls 56

Designing a Doctor's Office 59

Books and Web Sites 63

3 Math and Food Preparation 65



Equivalent Weights and Measures 66

Baking Raisin Muffins 67

Using the Baker's Percentage 69

Percentages in a Side of Beef 74

Edible Portion and Serving Size 76

How Much Food to Order? 79

Pattie’s Pizza Parlor 81

A Collection of Puzzles 85

Books and Web Sites 88



4 Math at the Zoo 90

Lion Cub Math 91

Polar Bear vs. Human Growth 96

The Leaping Gazelle 100

The Logic in Animal Species 105

The Remarkable Leaping Frog 113

Feeding Gorillas at the Zoo 117

Animal Enclosures 121

A Collection of Puzzles 123

Books and Web Sites 126



5 Math and Personal Fitness 129

Finding Your Heart Rate 130

Our Basal Metabolism Rate 133

Estimated Energy Requirements 136

Walking for Your Health 141

How Many Calories in a Cookie? 143

Reading Product Labels 145

The USDA’s New Pyramid 148

Books and Web Sites 152

References 154