

# CHEMISTRY 3A --- WORKSHEET 1

## CHAPTERS 1 AND 8

1. A runner runs for a distance of 350 yards and then runs for an additional 200 meters. What is the total distance covered by the runner in meters?
2. A can of Schweppes Ginger Ale contains a volume of 12 fluid ounces or 355 mL. Using this information, determine the conversion factor between mL and fluid ounces. Be sure to reduce the conversion factor.
3. The "Farmhand Cut" of prime rib at Farmer Browns Steak House weighs in at 20 ounces, of which 6.0 ounces is good old Nebraska beef fat. A person on a 2400 calorie per day diet should not consume more than 800 calories from fat. If fat contains 9.0 calories per gram, is this steak within the 800 calorie limit?

