

Student Name: _____ Period: _____ Date: _____

INDEPENDENT PRACTICE: USE THE COUNT FUNCTION

Directions: For this activity, **you will work independently** to use the count function. Upon completion of the activity, save and submit your work according to teacher directions.

1. Open the **IP-Count-Student** spreadsheet sent to you electronically by your teacher
2. Beginning in Cell A23, select 10 foods that you typically eat in a day from the drop down list in each cell
3. Using the VLOOKUP function, write a formula (in I23) that will find the amount of fruit contained in each item.
 - a. The first food item is located in Cell A23
 - b. The array is the cell range \$A\$1:\$Q\$21
 - c. The column number of Fruit is 13

Write the formula: _____

- d. Copy the formula to the remaining cells in the column
4. Use the VLOOKUP function to calculate the amount of Grains, Meat & Beans, Milk, and Vegetables for each food item. Record the formula you wrote for each below:
 - a. Grains (Cell J23) _____
 - b. Meat & Beans (Cell K23) _____
 - c. Milk (Cell L23) _____
 - d. Vegetable (Cell M23) _____
5. Calculate the totals for each in Row 33, I23:M23
6. Write a formula to determine if the total amount of fruit is within the USDA recommended dietary guidelines.
 - a. The total for fruit is located in Cell I33
 - b. The array is the cell range K54:L56

Write the formula: _____

7. Write a formula to determine if the total amount of grains is within the USDA Recommended Dietary Guidelines

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8. Write a formula to determine if the total amount of meat and beans is within the USDA Recommended Dietary Guidelines
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9. Write a formula to determine if the total amount of milk is within the USDA Recommended Dietary Guidelines
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10. Write a formula to determine if the total amount of vegetables is within the USDA Recommended Dietary Guidelines
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11. How did you do with meeting the dietary guidelines? If you'd like more information or would like to tailor the spreadsheet to your specific gender, age, height, and weight, visit the USDA My Pyramid website at <http://www.mypyramidtracker.gov/default.htm>.
12. Use the CountIf function to determine the number of food groups you were able to consume.
- In Cell I35, enter the formula =COUNTIF(I23:I32,">0").
 - Repeat the process and enter the formulas in Cells J35-M35
13. Are your formulas correct? How do you know?
14. In Cell A65, use the **Count** function in a formula to calculate the total number of Activities in the Calories Burned portion of the spreadsheet
- Record the formula you entered in Cell A65 here: _____
 - What was the result of your formula? _____
 - Why? _____

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15. In Cell B65, use the **CountA** function in a formula to count the total number of activities in the Calories Burned portion of the spreadsheet

a. Record the formula you entered in Cell B65 here: _____

b. What was the result of your formula? _____

c. Why? _____

16. Save and submit your work according to teacher directions