

SECTION 1: GENERATE AN ARGUMENT



SURVIVING WINTER IN THE DUST BOWL

Information About Nutritional Values and Dietary Needs

Table 9.1. Dietary Needs

Organism	Weight (Pounds)	Calories (Consumed/Day)	Water Intake (Gallons/Day)	Protein (% of Diet)	Carbohydrate (% of Diet)	Fat (% of Diet)
Human Female*	120-180	1200	0.4	10-35	45-65	20-35
Human Male*	150-200	1800	0.4	10-35	45-65	20-35
Female Cow Lactating**	800-1000	44,000	50	10-20	70-80	10-20
Female Cow Dry	800-1000	30,500	40	10-20	70-80	10-20
Bull (Male Cow)	1000-1200	46,000	45	10-20	70-80	10-20

*Humans can survive without food for 4-8 weeks with a minimal activity level (although this is *not* recommended as serious side effects result). However, humans cannot survive more than 3-5 days without potable water.

** A lactating cow produces approximately 6 gallons of milk per day (1 gallon = 128 ounces, 1 ounce of milk = 28.6 grams of milk).

Table 9.2. Nutritional Information

Food	Serving Size (in grams)	Calories Per Serving	Total Protein (in grams)	Total Carbohydrates (in grams)	Total Fat (in grams)
Wheat	100	339.0	13.7	72.6	1.9
Cow**	453.6	662.0	95.8	0	161.0
Milk	100	497	26.3	38.4	26.7

* 453.6 grams = 1 pound

** Only 41% of a cow's total weight is consumable.