INSTRUCTIONS: COUNTING KJ/KCAL WORKSHEET 3
Module 3: Topic 2

Duration 30 minutes

Required Give each person a printout of the worksheet, and a pen or pencil.

Learning outcomes Understand that men and women have different energy requirements.

Preparation Discuss that foods have different amounts of energy, measured in kilojoules/kilocalories. Kilojoules and kilocalories are both measures (units) of the amount of energy in food. The correct term for what we commonly call ‘Calories’ is kilojoules (kJ) or kilocalories (kcal). Explain that the average man needs 10,500 kJ/2,500 kcal a day and the average woman needs 8,400 kJ/2,000 kcal a day.

Instructions Suitable for advanced level. The worksheet lists 12 foods and 6 drinks with their energy values. They create a balanced diet for a man OR a woman, based on the food choices provided.

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