INSTRUCTIONS AND ANSWERS: SPOT THE DIFFERENCE WORKSHEET 1
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 different foods provide different amounts of energy.

Preparation
Discuss that foods have different amounts of energy. Explain that the energy is measured in kJ/kcal. Explain how we use that energy in everyday life.

Instructions
The basic worksheet shows images of food, presented in sets of two. They identify the food that has the highest number of 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).

The advanced worksheet lists foods. They are presented in sets of two. They identify the food that has the highest amount of energy. They are asked why they think it is higher in energy.

Answers

**ANSWERS: SPOT THE DIFFERENCE WORKSHEET 1 BASIC**
Module 3: Topic 2

Look at the foods below. Tick which one has the higher amount of energy. 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).

- Breaded chicken fillet
- Uncoated chicken fillet

- Bag of popcorn
- Bag of crisps

- 2 boiled eggs
- 2 fried eggs

- Hot chicken roll
- Chicken salad sandwich

- 12” deep-pan pepperoni pizza
- 12” thin-crust pepperoni pizza

**ANSWERS: SPOT THE DIFFERENCE WORKSHEET 1 ADVANCED**
Module 3: Topic 2

Look at the foods below. Circle the food with the higher energy count. 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).

Why does it contain more energy?

- 2 fried eggs (100g)
  - 2 boiled eggs (100g)
  - The reason it contains more energy is...

- Ham and cheese sandwich
  - Ham and cheese baguette
  - The reason it contains more energy is...

- Deep pan pepperoni pizza and side salad
  - Thin pan pepperoni pizza and side salad
  - The reason it contains more energy is...

- Cheeseburger
  - Quarter pounder with cheese
  - The reason it contains more energy is...

- Bag of popcorn
  - Bag of crisps
  - The reason it contains more energy is...

- Curry chips
  - Oven chips
  - The reason it contains more energy is...