

# WORKSHEET 3 ADVANCED COUNTING KJ/KCAL

## Module 3: Topic 2

Using the foods listed below, feed either a man (10,500kJ/2,500kcal) or a woman (8,400kJ/2,000kcal) for one day.

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).

FOOD	ENERGY		
	kJ	OR	kcal
Quarter pounder with cheese	3,020	OR	719
Two Boiled eggs	617	OR	147
Two fried eggs	756	OR	180
Plain yogurt	84	OR	20
Two plain digestive biscuits	580	OR	138
Two slices of white bread	672	OR	160
Boiled Rice (323g)	2,381	OR	567
One Apple	222	OR	53
Two slices of wholemeal toast	1,226	OR	292

FOOD	ENERGY		
	kJ	OR	kcal
Hot chicken roll (breaded chicken, cheese and coleslaw)	4,510	OR	1,074
Ham and cheese sandwich	1,831	OR	436
Uncoated chicken fillet (grilled) (100g)	630	OR	150
Deep pan pepperoni pizza 12"	7,526	OR	1792
Boiled potatoes (85g)	248	OR	59
Plain chips (165g)	1,615	OR	387
Carrots (128g)	218	OR	52
Regular plain burger (109g)	1,873	OR	446
Bag of plain popcorn (30g)	559	OR	133

DRINK	ENERGY		
	kJ	OR	kcal
Whole milk (100ml)	273	OR	65
Semi-skimmed milk (100ml)	197	OR	47
Tea with milk	92	OR	22

DRINK	ENERGY		
	kJ	OR	kcal
Sugary fizzy drink (standard 330ml can)	584	OR	139
Water	0	OR	0
Orange juice (100ml)	185	OR	44