

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.