

INSTRUCTIONS: THE ENERGY IN FOOD QUIZ

Module 3: Topic 2

Duration 40 minutes

Required Whiteboard or computer

Learning outcomes Understand that foods have different calorie values.

Preparation Ask the group what they know about kilojoules (kJ) or Calories (kcal). Do they know they measure the energy in food? 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). Discuss the ingredients and cooking methods that increase or decrease the energy value of foods. Prompt the discussion by taking some everyday examples, such as eggs or pizza.

Instructions Bring the quiz up on screen. It is about the energy in everyday foods. Two examples are given each time. As each question comes up on screen, get them to answer using a show of hands. Then reveal the answer.

Energy in Food Challenge

Question One

Which one has less kJ/kcal?



Uncoated Chicken Fillet (Grilled)

OR



Breaded Chicken Fillet (Grilled)

Uncoated Chicken Fillet (Grilled)

1,260 kJ /
300 kcal