

INSTRUCTIONS AND ANSWERS: HIGHER OR LOWER QUIZ

Module 3: Topic 2

Duration 30 minutes

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

Learning outcomes Understand that foods have different amounts of energy.

Preparation Discuss that foods have different amounts 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). Explain that the energy amount is a combination of the food, what was added to it and how it was cooked.

Instructions Groups of two or maximum three people look at the foods listed. The foods are listed in sets of two. They are given the energy count for one of the foods in each set. They choose the kJ/kcal count of Food 2.

ANSWERS: HIGHER OR LOWER QUIZ Module 3: Topic 2

Look at the foods below. The energy count is given for one. 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).

Circle the kJ/kcal count for Food 2.

Food 1	Food 2	kJ/kcal Option 1	kJ/kcal Option 2
Roast potatoes (85g) 520kJ/124kcal	Boiled potatoes (85g)	248kJ/59kcal	748kJ/178kcal
Sweet potato (62g) 226kJ/54kcal	Potato waffles (2-90g)	739kJ/176kcal	168kJ/40kcal
Cheese burger (130g) 1,730kJ/412kcal	Quarter pounder with cheese (227g)	3,012kJ/719kcal	920kJ/219kcal
Deep pan pepperoni pizza 12" 7,526kJ/1,792kcal	Thin pan cheese and tomato pizza 12"	8,282kJ/1,972kcal	5,342kJ/1,272kcal
Curry chips (315g) 2,200kJ/524kcal	Plain chips (165g)	1,625kJ/387kcal	4,187kJ/997kcal
Bag of popcorn (30g) 559kJ/133kcal	Bag of crisps (37g)	810kJ/193kcal	643kJ/153kcal
Boiled rice (323g) 2,381kJ/567kcal	Fried rice (359g)	1,373kJ/327kcal	3,053kJ/727kcal
2 chocolate digestive biscuits (36g) 743kJ/177kcal	2 plain digestive biscuits (30g)	580kJ/138kcal	873kJ/208kcal

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