

# HIGHER OR LOWER QUIZ

## Module 3: Topic 2

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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.

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