

WORKSHEET 1 ADVANCED SPOT THE DIFFERENCE

Module 3: Topic 2

Look at the foods below. Circle the food with the higher energy count. 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).

Why does it contain more energy?

2 fried eggs (100g)	2 boiled eggs (100g)	The reason it contains more energy is
Ham and cheese sandwich	Ham and cheese baguette	The reason it contains more energy is
Deep pan pepperoni pizza 12"	½ thin pan pepperoni pizza and side salad	The reason it contains more energy is
Cheese burger	Quarter pounder with cheese	The reason it contains more energy is
Bag of popcorn	Bag of crisps	The reason it contains more energy is
Curry chips	Oven chips	The reason it contains more energy is