

WORKSHEET 1 BASIC SPOT THE DIFFERENCE

Module 3: Topic 2

Look at the foods below. Tick which one has the higher amount 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).



Breaded chicken fillet

OR



Uncoated chicken fillet



Bag of popcorn

OR



Bag of crisps



2 boiled eggs

OR



2 fried eggs



Hot chicken roll

OR



Chicken salad sandwich



12" deep-pan pepperoni pizza

OR



12" thin-crust pepperoni pizza