

INSTRUCTIONS AND ANSWERS: SPOT THE DIFFERENCE WORKSHEET 1

Module 3: Topic 2

Duration 30 minutes

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

Learning outcomes Understand that different foods provide different amounts of energy.

Preparation Discuss that foods have different amounts of energy. Explain that the energy is measured in kJ/kcal. Explain how we use that energy in everyday life.

Instructions The basic worksheet shows images of food, presented in sets of two. They identify the food that has the highest number of kilojoules/kilocalories. 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).











The advanced worksheet lists foods. They are presented in sets of two. They identify the food that has the highest amount of energy. They are asked why they think it is higher in energy.

Answers

ANSWERS: SPOT THE DIFFERENCE WORKSHEET 1 BASIC

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	<input checked="" type="checkbox"/> OR <input type="checkbox"/>	 Uncoated chicken fillet
 Bag of popcorn	<input type="checkbox"/> OR <input checked="" type="checkbox"/>	 Bag of crisps
 2 boiled eggs	<input type="checkbox"/> OR <input checked="" type="checkbox"/>	 2 fried eggs
 Hot chicken roll	<input checked="" type="checkbox"/> OR <input type="checkbox"/>	 Chicken salad sandwich
 12" deep-pan pepperoni pizza	<input checked="" type="checkbox"/> OR <input type="checkbox"/>	 12" thin-crust pepperoni pizza

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ANSWERS: SPOT THE DIFFERENCE WORKSHEET 1 ADVANCED

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?

<input checked="" type="checkbox"/> 2 fried eggs (100g)	2 boiled eggs (100g)	The reason it contains more energy is
Ham and cheese sandwich	<input checked="" type="checkbox"/> Ham and cheese baguette	The reason it contains more energy is
<input checked="" type="checkbox"/> Deep pan pepperoni pizza 12"	½ thin pan pepperoni pizza and side salad	The reason it contains more energy is
Cheese burger	<input checked="" type="checkbox"/> 400g tetrapounder with cheese	The reason it contains more energy is
Bag of popcorn	<input checked="" type="checkbox"/> Bag of crisps	The reason it contains more energy is
<input checked="" type="checkbox"/> Curry chips	Oven chips	The reason it contains more energy is

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