

# WORKSHEET 2 ADVANCED

## THE ENERGY TO BE ACTIVE

### Module 3: Topic 2

Look at the foods below. The amount of energy (kJ/kcal) contained in each is shown. 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 activity that uses that amount of energy.

| FOOD                               | Energy |    |       | Activity 1            | Activity 2            |
|------------------------------------|--------|----|-------|-----------------------|-----------------------|
|                                    | kJ     | OR | kcal  |                       |                       |
| 3 mini sausage rolls               | 1,512  | OR | 360   | 1 hour of dancing     | 10 minutes of dancing |
| 2 fried eggs                       | 756    | OR | 180   | 30 minutes of walking | 1 hour of walking     |
| Deep pan pepperoni pizza 12"       | 7,526  | OR | 1,792 | 3 hours of jogging    | 1 hour of jogging     |
| Quarter pounder with cheese (227g) | 3,020  | OR | 719   | 1 hour of aerobics    | 2 hours of aerobics   |
| Bag of crisps                      | 810    | OR | 193   | 1 hour of football    | 30 minutes football   |
| Curry chips                        | 2,200  | OR | 524   | 2 hours of walking    | 1 hour of walking     |