

INSTRUCTIONS AND ANSWERS: THE ENERGY TO BE ACTIVE WORKSHEET 2

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 the energy in foods varies and can fuel different activities.

Preparation Discuss that foods have different amounts of energy. Explain that the energy is measured in kilojoules/kilocalories and how we use that energy in everyday life. 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).

Instructions The worksheet lists six foods and provides the energy count for each. Two options are given for physical activities. They choose which physical activity matches the food in terms of energy.

Answers

ANSWERS: THE ENERGY TO BE ACTIVE WORKSHEET 2 ADVANCED

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

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