

Lesson 1 Energy in Food

LO: To understand where our bodies get energy from

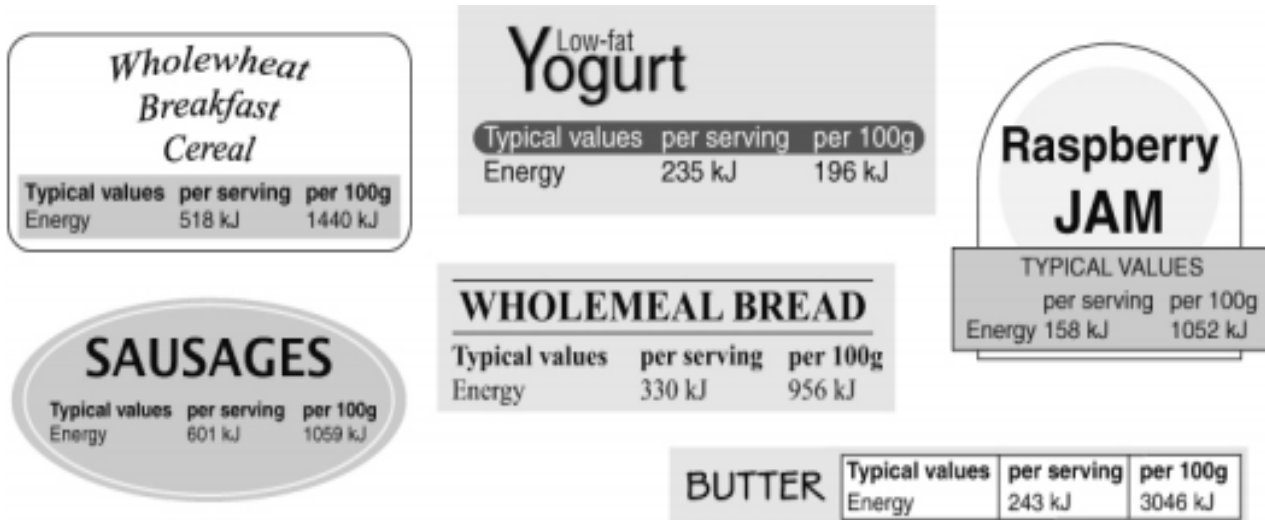
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|---|--|
| Recall where we get our energy from | |
| Recall the unit for energy is joules | |
| Explain why different people need different amounts of energy | |

Key word

| | |
|--|---|
| | The thing needed to be able to do anything. |
|--|---|

Task 1: On the next blank page in your book match up the two halves of each sentence.
Get an adult to check before you glue them down.

Task 2: Look at the food labels and fill in the table



| Type of Food | Energy value in 100g (KJ per 100g) | Energy value in one serving (KJ per Serving) |
|--------------|---------------------------------------|---|
| Cereal | | |
| Yoghurt | | |
| Sausages | | |
| Bread | | |
| Jam | | |
| Butter | | |

Which food gives the most energy per 100 g?

Which food gives the most energy per serving?

Task 3: Rank the foods from the most energy per serving to the least energy per serving

| | Name of food |
|---|--------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |

Extension:

4 a How much energy would you get if you had a slice of bread and butter with jam on it? Show your working.

b How much energy would you get if you ate a sausage sandwich made with two sausages? Show your working.

| | |
|---|--|
| A teenager needs less energy ... | ... in units called joules. |
| A teenager needs more energy ... | ... from food. |
| Energy is measured ... | ... in units called calories. |
| Energy used to be measured ... | ... is given on the food label. |
| Our bodies get energy ... | ... than a very active adult. |
| Our bodies need energy ... | ... than an adult with an office job. |
| The amount of energy stored in food ... | ... the more energy your body needs. |
| The faster you are growing ... | ... the more energy your body needs. |
| The more active you are ... | ... to grow, repair, move and keep warm. |