

# Iceland Liechtenstein Norway grants

Work Sheet I - Lesson work

**Topic: We can count calories. Solves tasks with content.**

Infographic showing the average calorie requirements of a boy and girl aged 11 years



**Daily requirement**

**2300 kcal**



**Daily requirement**

**2000 kcal**

## **Task 1**

Based on the infographic and knowing that we are committed to eating five meals a day, divide the daily kilocalorie requirement into 5 parts. However, they must not be equal. We need to eat more for dinner than for supper. The 1st breakfast should be much more abundant in kilocalories than supper. On the other hand, the 2nd breakfast and the afternoon snack can contain the same number of kilocalories. Write your solution on the worksheet.

## **Task 2**

Eleven-year-old Olek decided to have Chips, a hamburger and a sweet drink for dinner. How many kilocalories does this meal contain? Use the information in the table to do the calculation. Based on the previous infographic, calculate how many kilocalories the other four meals should contain in total. Write your calculations on your worksheet. Using the knowledge you have gained today, also answer the question on the worksheet, namely:

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What diseases does Olek risk if he often eats foods containing a very high number of calories?

Product	Number of kcal
<b>Chips</b>	<b>420</b>
<b>Hamburger</b>	<b>278</b>
<b>Sweet drink</b>	<b>82</b>

### Task 3

There are three sets of dinners to choose from at the 'Good Calorie' bar. Which dinner is the most calorific and which is the least? Write your calculations and answer on your work sheet.

#### SET A

- Boiled potatoes 250g (150 kcal)
- butter 20g (132 kcal)
- 125 g (300 kcal) grilled cod fillet
- tomato salad 200g (28 kcal)

#### SET B

- cooked rice 200 g (270 kcal)
- pork chop 150 g (525 kcal)
- carrot and apple salad 200 g (120 kcal)

#### SET C

- baked beans 250 g (350 kcal)
- bread 90 g (225 kcal)
- butter 20 g (132 kcal)

Sets can be drawn up as menu cards.

### Task 4

*A doughnut provides the body with 290 kcal. In order to burn this amount it is necessary to cycle for 29 minutes, walk for 58 minutes or iron for 66 minutes.*

*Mrs Basia ate two doughnuts and ironed for 33 minutes and walked for 29 minutes. How many more minutes should she cycle to burn all the energy supplied to her body after eating the doughnuts? Record the solution on your worksheet.*