

Energy challenge

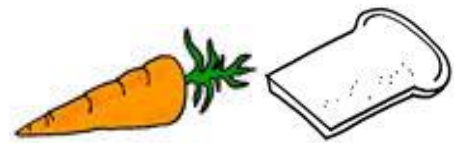


Bringing medicines to *life*

Multiple choice

What to do:

Tick the box next to the answer that you think best answers the question



1. Which one of these has the **most** energy?

10g apple

10g carrots

10g bread

2. Which one of these has the **least** energy?

10g baked beans

10g crisps

10g cheese

3. Which one of these has the **most** energy?

150g apple

5g sugar

20g crisps

4. Which one of these has the **least** energy?

200g carrots

10g chocolate

100g banana

5. Which meal, with equal amounts of each food item, would give you the **most** energy?

chicken
carrots
pasta

beef
peas
rice

cheese
baked beans
bread

6. Which meal, with equal amounts of each food item, would give you the **least** energy?

crisps
rice
baked beans

apple
baked beans
bread

eggs
pasta
banana