



Name: Form:

See pages 12 and 13 of *Keeping healthy*

A lunch to think about

To see whether your diet is balanced, you have to know your weight, and what is in each food.

Food	Quantity	Calories	Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)
Cola	One glass	140	0	0	50	39	0
Hamburger	200g	600	40	125	1,000	28	1
French fries	medium 120g	400	21	0	1,240	86	6
Sauce	30g portion	170	17	0	200	2	0
TOTAL		1,310	78	125	2,490	155	7
Recommended for one day		1,440	48	300	2,400	216	30

Q1. Look at the table and answer these questions.

(i) How many carbohydrates are there in a portion of sauce?

(ii) Which food contains the most Calories?

(iii) Which foods contain fibre?

(iv) Two of the substances in the meal exceed the recommended amount for an entire day. Which substances are they?

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Q2. How much of your total diet needs should you get from carbohydrates:

(i) three-tenths; (ii) six-tenths; (iii) nine-tenths?

Q3. How much of your total diet needs should you get from fats:

(i) three-tenths; (ii) six-tenths; (iii) nine-tenths?

Q4. Which type of foods do not contain fibre?

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Q5. Mina weighs 40kg and takes little exercise. Find the Calories her body needs by multiplying her weight by 28.

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Q6. Mina takes up sport. Find the total Calories her body needs each day by multiplying her body weight by 36.

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