

How much food is 200 Calories

Instructions: *Watch the video and answer these questions.*

1. How much or how many of these foods are 200 calories?

Note: (How many? → count nouns. How much? → non count nouns)

Eggs	<input type="text" value="3"/>	Onion	<input type="text"/>
Avocados	<input type="text"/>	Milk	<input type="text"/>
Bread	<input type="text"/>	Coca cola	<input type="text"/>
Hamburger	<input type="text"/>	Crackers	<input type="text"/>
French fries	<input type="text"/>	Candies	<input type="text"/>
Hot dog	<input type="text"/>	Coffee with sugar cream	<input type="text"/>
Chocolate bar	<input type="text"/>	Brown bread	<input type="text" value="1 ½ slices"/>
Hershey's Kisses	<input type="text"/>	White bread	<input type="text"/>

Instructions: *Think of other foods that you know.*

2. What are 3-4 high calorie and 3-4 low calorie foods?

High-Calorie Food	Low-Calorie Food