



Watch the video showing what 200 calories look like. Then answer the following questions:

1. How many grams of these foods are equal to 200 calories?





2. Which food can you have the most of for 200 calories?
*
***************************************
3. Which food can you have the least of for 200 calories?
<u></u>





## How many calories?

Calculate how many calories come from each macronutrient for the foods below and answer the questions below.

	fat 0 g carbohydrates 16 g protein 1.5 g	0 x 9 =calories from fat  16 x 4 =calories from carbohydrates  1.5 x 4 =calories from protein
	fat 0 g carbohydrates 65 g protein 0 g	x9 =calories from fatx4 =calories from carbohydratesx4 =calories from protein
	fat 0.3 g carbohydrates 18 g protein 1 g	x=calories from fatx=calories from carbohydratesx=calories from protein
A STATE OF THE PARTY OF THE PAR	fat 17 g carbohydrates 42 g protein 6 g	x=calories from fatx=calories from carbohydratesx=calories from protein

-		44 - 4 - 4					F +1.			
	culate	the tot	OI CC	MODES	TOF	each	YE TE	ne t	OOGS.	anave
No Call	Culture	IIIC IOI	WII CO	1101103	101	CUCIIC	/1 11		0003	GLOVE.

Total number o	f calories in a glass of	orange juice
----------------	--------------------------	--------------

Total number of calories in a glass of cola.....

Total number of calories in a fruit salad .....

Total number of calories in a croissant.....

