



What 200 calories look like



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?

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3. Which food can you have the least of for 200 calories?

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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	$0 \times 9 = \dots\dots\dots$ calories from fat $16 \times 4 = \dots\dots\dots$ calories from carbohydrates $1.5 \times 4 = \dots\dots\dots$ calories from protein
	fat 0 g carbohydrates 65 g protein 0 g	$\dots\dots\dots \times 9 = \dots\dots\dots$ calories from fat $\dots\dots\dots \times 4 = \dots\dots\dots$ calories from carbohydrates $\dots\dots\dots \times 4 = \dots\dots\dots$ calories from protein
	fat 0.3 g carbohydrates 18 g protein 1 g	$\dots\dots\dots \times \dots\dots\dots = \dots\dots\dots$ calories from fat $\dots\dots\dots \times \dots\dots\dots = \dots\dots\dots$ calories from carbohydrates $\dots\dots\dots \times \dots\dots\dots = \dots\dots\dots$ calories from protein
	fat 17 g carbohydrates 42 g protein 6 g	$\dots\dots\dots \times \dots\dots\dots = \dots\dots\dots$ calories from fat $\dots\dots\dots \times \dots\dots\dots = \dots\dots\dots$ calories from carbohydrates $\dots\dots\dots \times \dots\dots\dots = \dots\dots\dots$ calories from protein

Calculate the total calories for each of the foods above.

Total number of 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