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	3	Onion	_____
Avocados	_____	Milk	_____
Bread	_____	Coca cola	_____
Hamburger	_____	Crackers	_____
French fries	_____	Candies	_____
Hot dog	_____	Coffee with sugar cream	_____
Chocolate bar	_____	Brown bread	1 ½ slices
Hershey's Kisses	_____	White bread	_____

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

LIVEWORKSHEETS