NAME:_____          DATE:_____

NURIENT CONTENT OF VARIOUS FOODS

Look at the table below and answer the following questions.

| Food | Energy (kJ/100g) | Protein (%) | Fat (%) | Carbohydrate (%) | Fibre (%) | Iron (mg/100g) | Vitamin C (mg/100g) |
|------|------------------|-------------|---------|------------------|-----------|----------------|---------------------|
| Milk | 272 | 3.3 | 3.8 | 4.7 | 0 | 0.1 | 2 |
| Sausage | 1520 | 10.6 | 32.1 | 9.5 | 0 | 1.1 | 0 |
| Chicken | 599 | 26.5 | 4.0 | 0 | 0 | 0.5 | 0 |
| Cabbage | 66 | 1.7 | 0 | 2.3 | 54 | 0.4 | 23 |
| Lettuce | 61 | 2.9 | 0 | 0.7 | 25 | 1.6 | 60 |
| Apples | 196 | 0.3 | 0 | 11.9 | 20 | 0.3 | 5 |

ai.  Which food contains the most protein_____

aii. Which food has the least carbohydrate_____ and NO carbohydrate _____

b.  We need protein for the _____ of new cell  and the _____ of old or damaged cells.

c.  We need carbohydrates for _____.

d.  Which foods have no fibre?_____ and _____ and _____

e. We need fiber to prevent _____, so that feces can pass easily through large intestines.

f.  Which food gives the most ENERGY?_____

g. Which food gives the least ENERGY?_____

h. Which food has the most IRON?_____

i. We need iron to make the red pigment _____ so that we can make _____ and prevent the disorder called _____ which leads to extreme tiredness.

j.  Which foods contains no Vitamin C?_____and _____

k. We need vitamin C to prevent the disorder called _____ which used to affect pirates many years ago.


*Extra Credit*

l. From information on the table, state how much energy there is in 50 g of milk in the space below.



_____ Joules



m.  From information on the table, state how much energy there is in 200 g of sausage in the space below.



_____ Joules

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