

# How much energy is in your lunch?

Family Activity

reach

Look at items with wrappers in your packed lunch.

How many calories in each item?

How many calories in total in these items?

Here are some average calorie values for foods:

Food	Typical calories (kcal)
banana	95
apple	45
sausage roll	220
ham sandwich	300
medium sized muffin	170
yoghurt	160
chocolate bar	200
chocolate biscuit	90
plain biscuit	60

Approximately, how many calories (kcal) were in the foods you ate for lunch?

How many calories do you eat in a day?

How could you work it out?

