Food as Fuel

For pupils aged 7-11

Activity sheet

Food as Fuel

The fuels that we use to make machines work or to provide heat are burnt to release the energy they contain. When we eat food it acts as a fuel for our bodies.

Although the food does not burn in our bodies the energy in the food is used for movement and to keep us warm.

Different types of food give us different amounts of energy. The table below shows how much energy 100g of each of the foods would give us. The table also gives some other information about the food.

Look at the table and answer the questions.

Type of food	Energy per portion of 100g (KJ)	Other information about the food
Wholemeal Bread	950	Low in fat and a good source of fibre.
Salt & Vinegar Crisps	2400	Some fibre but high in fats.
Bananas	400	Very low in fat, a good source of the mineral Potassium and fibre.
Milk Chocolate	2200	High in fat and sugar, no vitamins or fibre.
Cheese	1350	Good source of protein and mineral Calcium but high in fat. No fibre.
Tuna	420	Good source of protein and some vitamins. Low in fat.
Fruit Cake	1400	Quite a bit of fat but some vitamins.
Low fat fruit yoghurt	380	Low in fat. Provides some protein and vitamins.
Orange	160	Very low fat. Some fibre. Good source of vitamin C.
Cornish Pasty	1450	Quite a lot of fat but some fibre and protein.

Food as Fuel

Which two foods would give you the most energy?

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Which two foods give you the least energy?

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If you were going for a walk on a cold winter's day you would need to take food with you that gave you lots of energy. Pick some foods from the list, that would be suitable to take for an energy giving packed lunch.

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If we eat too much food which is high in energy not all the food is used by our bodies and the unused food can be stored as fat.

If you wanted a healthy snack, which did not have too much energy in it, what foods would you pick from the list? Give a reason for each food you choose.

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