ADD AND SUBTRACT INTEGERS
APPLICATIONS
FOOD ENERGY

The chart indicates the number of calories of food energy (in US calories) in one serving of each food. Answer the following questions.

FOOD	CALORIES	FOOD	CALORIES	FOOD	CALORIES
Chicken	265	Egg	54	Apple	60
Pork	378	Carrot	34	Banana	87
Lamb	467	Pumpkin	56	Orange	53
Beef	383	Potato	70	Yogurt	172
Fish	180	Broccoli	45	Milk	158

Q1. Calculate how many calories the following meals have:
(a) lamb, 1 carrot and 1 potato
(b) fish, 2 carrots and 1 broccoli
(c) lamb, 1 pumpkin and 3 potatoes
(d) chicken, 1 broccoli, 1 carrot and 1 potato
(e) 1 egg, 1 apple and 1 banana

Q2. Refer to the meal in Q2(a). What could you change to make this meal contain fewer calories?

Q3. Instead of the foods listed below, what item could you substitute in each food group if more calories were needed?
(a) Meat Group - fish
(b) Dairy Group - milk
(c) Vegetable Group - carrot

ANSWERS

Q1.(a) 571
(b) 293
(c) 733
(d) 414
(e) 201

Q2.Eat fish or chicken instead of lamb.

Q3.(a) Any other meat
(b) Yogurt
(c) Any other vegetable