

**Matching calories**

Match the amount of calories to the portion of food.

Note: the number of calories and size of portions are approximate.

Food	Calories
<p><b>Orange juice</b> 100 ml = 50 calories Glass = 150 ml</p>	<p>200 calories</p>
<p><b>Tomato soup</b> 100 ml = 100 calories Bowl = 200 ml</p>	<p>40 calories</p>
<p><b>Fresh peas</b> 100 g = 80 calories Portion = 50 g</p>	<p>75 calories</p>
<p><b>Chips</b> 100 g = 250 calories Portion = 150 g</p>	<p>100 calories</p>
<p><b>Ciabatta</b> 1 slice = 50 calories Portion = 2 slices</p>	<p>300 calories</p>
<p><b>Cheddar cheese</b> 25 g = 100 calories Portion = 75 g</p>	<p>375 calories</p>