

Comparing calories - answers

1. How many more calories are in a baked potato than a salad with six items?

Baked potato = 150 calories

Six items of salad = $6 \times 10 = 60$ calories

$150 - 60 = 90$ calories

There are 90 calories more in a baked potato than a salad with six items.

2. How many portions of vegetables contain the same number of calories as one slice of bread?

1 portion of vegetables has 20 calories

1 slice of bread has 80 calories

$2 \times 20 = 40$ $3 \times 20 = 60$ $4 \times 20 = 80$

Four portions of vegetables contain the same number of calories as one slice of bread.

3. If you have a roast chicken sandwich (2 slices of bread) does the chicken or the bread have more calories in it?

Portion of chicken (125 grams) = 215 calories

1 slice of bread = 80 calories; 2 slices of bread = $2 \times 80 = 160$ calories

In a roast chicken sandwich the chicken has more calories in it than the bread.

4. How many pints of milk do you need to give you at least a 1,000 calories?

1 pint of milk = 360 calories

2 pints of milk = $2 \times 360 = 720$ calories

3 pints of milk = $3 \times 360 = 1,080$ calories

Three pints of milk provide you with a little more than 1,000 calories.

5. Which gives you fewer calories - five portions of vegetables or eight items of salad?

A portion of vegetables = 20 calories

5 portions of vegetables = $5 \times 20 = 100$ calories

An item of salad = 10 calories

8 items of salad = $8 \times 10 = 80$ calories

Eight items of salad gives fewer calories than five portions of vegetables.