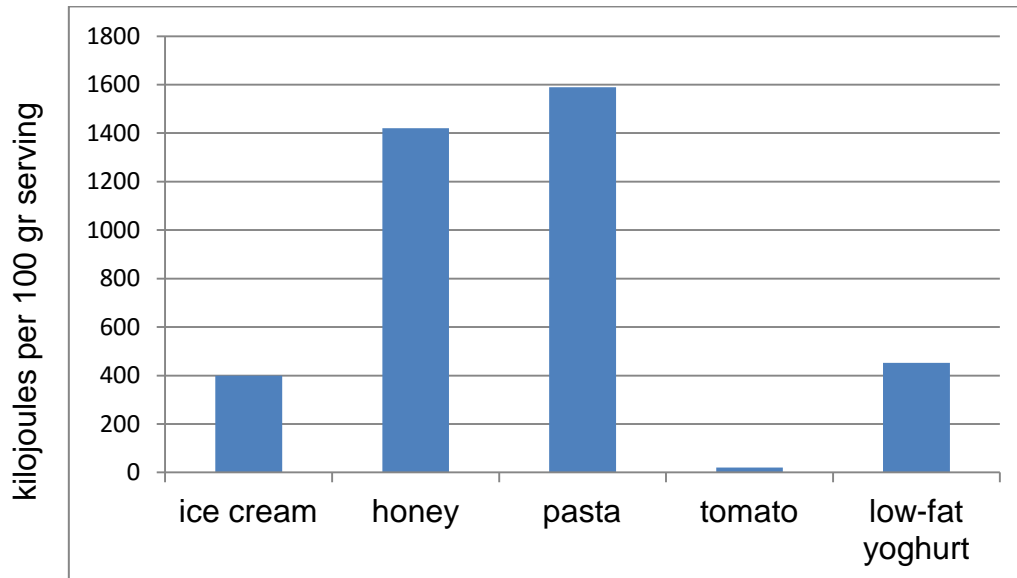




WORKSHEET D

Stored Energy in Fuels

The picture (also called a graph) and the table below shows information on the energy we can find in different types of food. You will find the answers to the following questions in the graph or the table. Write your answers under each question.



TYPE OF FOOD	ENERGY (IN KJ) PER 100 GRAM SERVING
whole- wheat bread	1042
honey	1453
pasta	1580
low-fat milk	200
low-fat yoghurt	500
cornflakes	1535
margarine	1939
vienna sausages	980
chicken breasts	426
lettuce	20

1. Which food shown the **bar graph** has the most energy? Give the value of that food.

2. Which food shown in the **bar graph** has the least energy? Give the value of that food.

3. Which food shown in the **table** has the most energy in a 100g serving? Give the value of that food.

4. Food shown in the **table**. Is it healthier to eat Vienna sausages or chicken breast? Give a reason for your answer.

[2 x 4 = TOTAL 8]