



- 1 Cut out the cards.
- 2 How much energy do you think each kind of food provides? Sort the cards into three groups (high, medium, low) according to the amount of energy you think each type of food stores.
- 3 How can you find out if your grouping is correct?

I can...

- recall foods that store a lot of energy.

apple	white bread	peas
baked beans	banana	carrots
lemonade	boiled egg	lamb
beef	white toast	pear
tomatoes	wholemeal bread	margarine
chips	boiled potato	cheese
pitta bread	orange	milk
baked potato	chicken	orange juice
tea with milk	coffee with milk	water
cornflakes	chapattis	poppadum
lentil dahl	fried egg	hamburger