

Digestion and Nutrition

Lesson 2 - Healthy Diet (Part 2)

Biology - Key Stage 3

Mrs Walsh



Calculating the nutritional content of a meal

Meal deal option 1 – 4 wings, 1 portion of chips and 1 portion of BBQ Beans

Meal deal option 2 – 2 wings, 4 drumsticks and 2 portions of chips

Drumsticks	
Nutrition	Per piece
Calories	156
Carbohydrates	5g
Protein	12g
Fat	10g
Fibre	0g

BBQ Beans	
Nutrition	Per 100g
Calories	142
Carbohydrates	13g
Protein	12g
Fat	4.5g
Fibre	1.5g

Hot wings	
Nutrition	Per wing
Calories	69
Carbohydrates	3g
Protein	0g
Fat	3g
Fibre	5g

Average serving size: 150g



Calculating the nutritional content of a meal

Food Item	Serving size - Number or mass (g)	Calorie content	Carbohydrates (g)	Proteins (g)	Fats (g)	Fibre (g)
Totals						



Calorie Burning

How long would it take to burn off my fried chicken meal?

Calories = 762

Activity: Sitting (90 kcal/hr)

1)

2)

How long would it take to burn off my fried chicken meal?

Calories = 762

Activity: Tennis (520 kcal/hr)

1)

2)

How long would it take to burn off my fried chicken meal?

Calories = 762

Activity: Swimming (620 kcal/hr)

1)

2)

