

# 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

<b>Drumsticks</b>	
<b>Nutrition</b>	<b>Per piece</b>
Calories	156
Carbohydrates	5g
Protein	12g
Fat	10g
Fibre	0g

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

<b>Hot wings</b>	
<b>Nutrition</b>	<b>Per wing</b>
Calories	69
Carbohydrates	3g
Protein	0g
Fat	3g
Fibre	5g

**Average serving size: 150g**



# Calculating the nutritional content of a meal

<b>Food Item</b>	<b>Serving size - Number or mass (g)</b>	<b>Calorie content</b>	<b>Carbohydrates (g)</b>	<b>Proteins (g)</b>	<b>Fats (g)</b>	<b>Fibre (g)</b>
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)

