

Food facts

Look at these foods

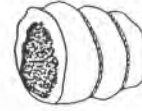
bread



fish



meat



a Colour the foods that contain lots of carbohydrates in *blue*.

b Colour the foods that contain lots of protein in *red*. C

Colour the foods that contain lots of fat in *yellow*.

Look at the bar charts on Sheet 2. These show how much carbohydrate, protein and fat are contained in 100 g of some different foods.

Use the bar charts to answer these questions. a

How much carbohydrate is there in 100g of

potato crisps? g

b Which food contains 0 g of fat?.....

C Which food contains the most protein?.....

d Which two foods contain the same amount of protein?

..... and..

d Which contains more fat, 100 g of chocolate biscuits or 100 g of potato crisps?