

LESSON 3

Appendix No. 2. Worksheet 1. Volume and calories of products.

Task:

1. Make balls from plasticine/ modelling clay which size would correspond to 50 kcal of energy value of the portrayed products (the size of balls is shown in the window VOLUME).
2. Using the made balls, construct snacks (by modelling balls into one piece). The energy value of snacks should be 200 kcal and they might be comprised of:
 - a - cookies, cheese, roasted nuts, almonds or chocolate bar;
 - b – banana, carrots, apples, cabbages.
3. Compare the constructed balls (snacks) with each other.



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<p>Cookies with chocolate cream About 50 kcal ~11g</p>		<p>Roasted salted Peanuts About 50kcal ~7g</p>	
<p>Almonds About 50 kcal ~8g</p>		<p>Chocolate bar „Snickers“ About 50 kcal ~10g</p>	
<p>Fermented cheese About 50 kcal ~14g</p>			
<p>Banana About 50 kcal ~56g</p>			
<p>Apple About 50 kcal ~125g</p>			
<p>Carrot About 50 kcal ~150g</p>			
<p>Cabbage About 50 kcal ~150g</p>			