

1 BEN'S CYCLE RIDE



335 kJ



464 kJ



1883 kJ



1778 kJ



674 kJ



653 kJ



335 kJ



1443 kJ

- 1 Kilojoules (kJ) tell us how much energy a food gives us. How many kilojoules are in these?
 - a A burger and a can of cola?
 - b A chocolate bar and potato chips?
 - c An apple and a banana?
 - d a boiled egg and fish and chips?
 - e A burger, a chocolate bar and an apple?
 - f A chocolate bar, fish and chips and a can of cola?
- 2 Ben had burned 780 kilojoules by cycling for 30 minutes. Altogether he wanted to burn 1564 kilojoules.
 - a How much longer would he have to cycle?
 - b What could Ben eat to replace the energy that he burned?

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