

Food for thought

Name _____

1. Results

°C	Dried bread	Food 2	Food 3	Food 4	Food 5
Mass of foodstuff					
Start temp					
Finish temp					
Rise in temp					

2. Which food, if any, provided the most energy?

3. Draw a bar chart of your results – attach it to the back of this sheet.

4. Below is a food label. Complete the following questions about it.

Name of food Crisps

	Per 100g example	Percentage composition
Energy*	2180kJ	
Protein	6.5g	
Carbohydrate	50.0g	
Of which are sugars*	2.0g	
Fibre	1.0g	
Vitamins	-	
Minerals	0.2g (sodium)	
Fat	8.3g	
Of which are saturates*	2.5g	
Water		
Total		

5. Total up, but do not add in those with an asterisk *.

6. Why does the total not add up to 100g?

7. How much water is present in 100g of crisps?

8. How much starch is present in 100g of crisps?

9. Fats can be split into two groups. Name the two groups.

10. Complete the table by totalling the percentage composition.

11. Draw a bar graph showing the nutritional composition of the crisps.