Answers: How many calories? 2c

Not all foods provide the same amount of energy. In the table below, try to match the correct number of calories in 100 grams of each food. To get you started, four have already been completed for you.

Food	Your guess	The actual number of calories in 100g
Apple		35
Avocado		220
Bacon, fried		500
Baked beans in tomato sauce		65
Banana		80
Biscuits – digestive, chocolate		490
Biscuits – digestive, plain		470
Brazil nuts		600
Bread, white		230
Bread, wholemeal		220
Butter		750
Cake – fruit cake		330
Cake – plain sponge		460
Carrots – raw		25
Cheddar cheese		400
Cheese, cottage		100
Chocolate – milk or plain		530
Cod fried in batter		200
Cod – raw		80
Cornflakes		350
Cornish pasty		240
Cream cheese		440
Cream – double		450
Cream – single		200
Cucumber		10
Egg – whole, raw		150
Honey		290
Ice cream – vanilla		170
Lentils, boiled		100
Mars bar		440
Mayonnaise		720
Milk – whole		65
Pasta – boiled		120
Peanut butter		620
Potato crisps		530
Potatoes – boiled		80
Potatoes – chips		250
Quiche		400
Raisins		250
Sausage roll		500

Answers: Energy density **2d**

Label these foods in order of energy density with 1 being the most energy dense.

1

9

3

2

5

7

11

10

4

8

6
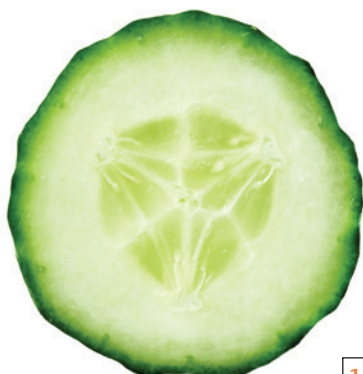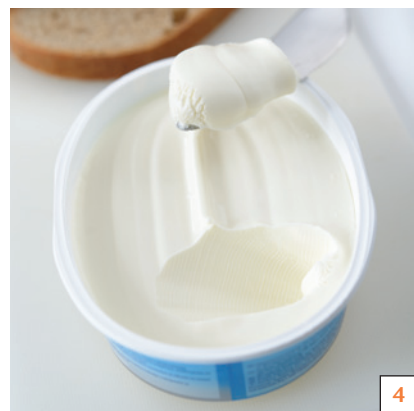
Food	Energy
Peanut butter	620kcal/100g
Crisps	530kcal/100g
Fried bacon	500kcal/100g
Cream cheese	440kcal/100g
Cheddar cheese	400kcal/100g
Honey	290kcal/100g
Chips	250kcal/100g
Fried cod in batter	200kcal/100g
Baked beans	65kcal/100g
Apple	35kcal/100g
Cucumber	10kcal/100g

Answers:
Risk factors for cancer

From the list below choose the 9 factors that increase the risk of developing cancer.

Lack of physical activity or exercise

Eating too many saturated fats

Unbalanced diet containing
a lot of processed foods

Menopause in women

Smoking

Not enough fresh fruit and
vegetables in diet

Lack of calcium and vitamin D
in the diet

Family history

Eating disorders such as
anorexia nervosa

High blood pressure

Excessive alcohol intake

Becoming older

Energy dense diet containing a
lot of saturated fat, salt and sugar

Not reaching peak bone
mass when younger

Too much salt/sodium in the diet

Type 2 diabetes

Being overweight or obese

Unbalanced diet containing a lot of processed foods

Family history

Becoming older

Smoking

Eating disorders such as anorexia nervosa

Excessive alcohol intake

Energy dense diet containing a lot of saturated fat, salt and sugar

Being overweight or obese

Type 2 diabetes

# Answers: Risk factors for cardiovascular disease

2i

From the list below, choose the 12 factors that increase the risk of cardiovascular disease.
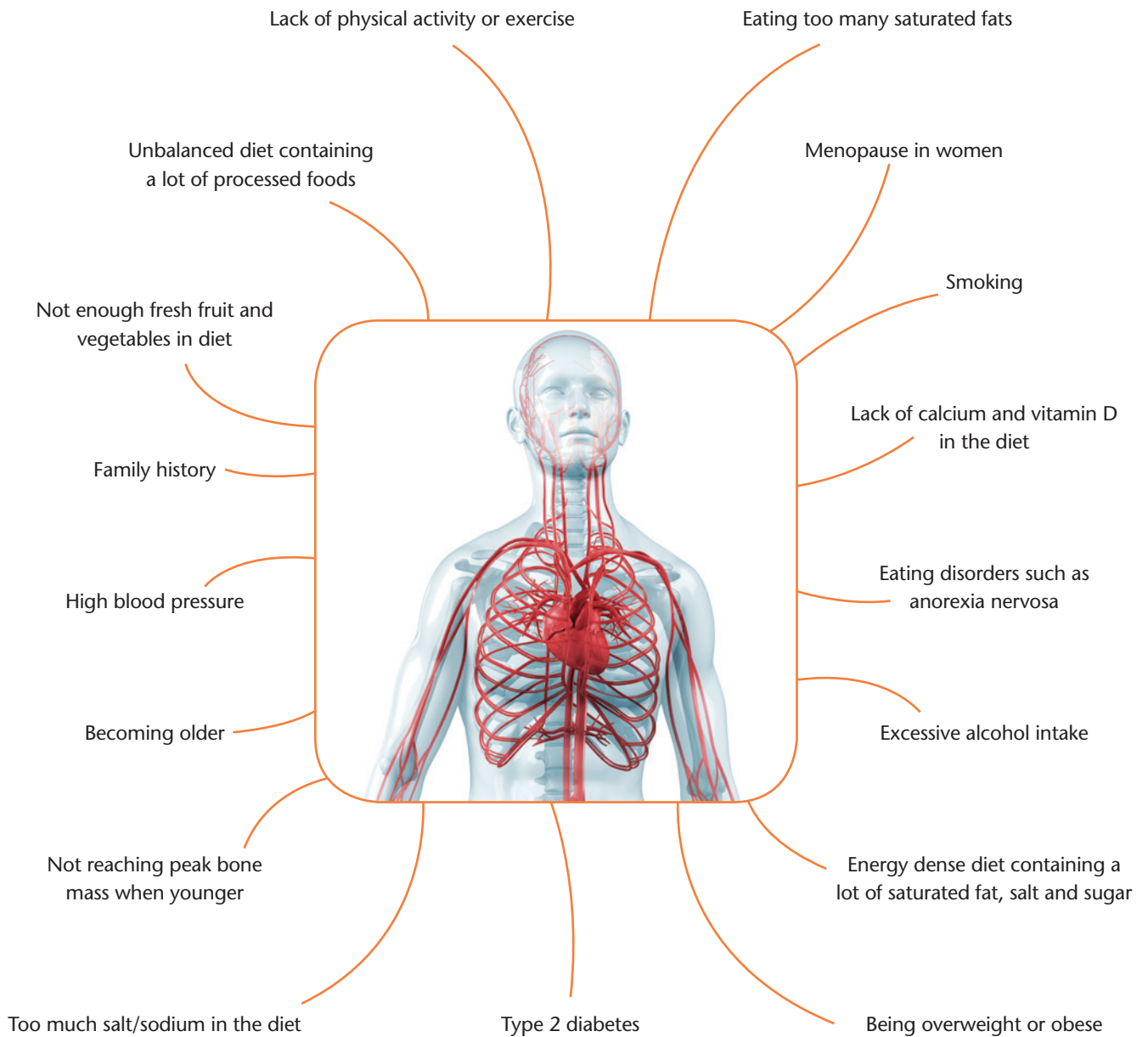
Lack of physical activity or exercise

Eating too many saturated fats

Unbalanced diet containing a lot of processed foods

Menopause in women

Smoking

Not enough fresh fruit and vegetables in diet

Lack of calcium and vitamin D in the diet

Family history

Eating disorders such as anorexia nervosa

High blood pressure

Excessive alcohol intake

Becoming older

Energy dense diet containing a lot of saturated fat, salt and sugar

Not reaching peak bone mass when younger

Too much salt/sodium in the diet

Type 2 diabetes

Being overweight or obese

Smoking

Being overweight or obese

Type 2 diabetes

Lack of physical activity or exercise

Unbalanced diet containing a lot of processed foods

Energy dense diet containing a lot of saturated fat, salt and sugar

Drinking too much alcohol

Eating too many saturated fats

Too much salt/sodium in the diet

High blood pressure

Family history

Becoming older

Answers: Risk factors for coronary heart disease

2j

From the list below, choose the 12 factors that increase the risk of coronary heart disease.
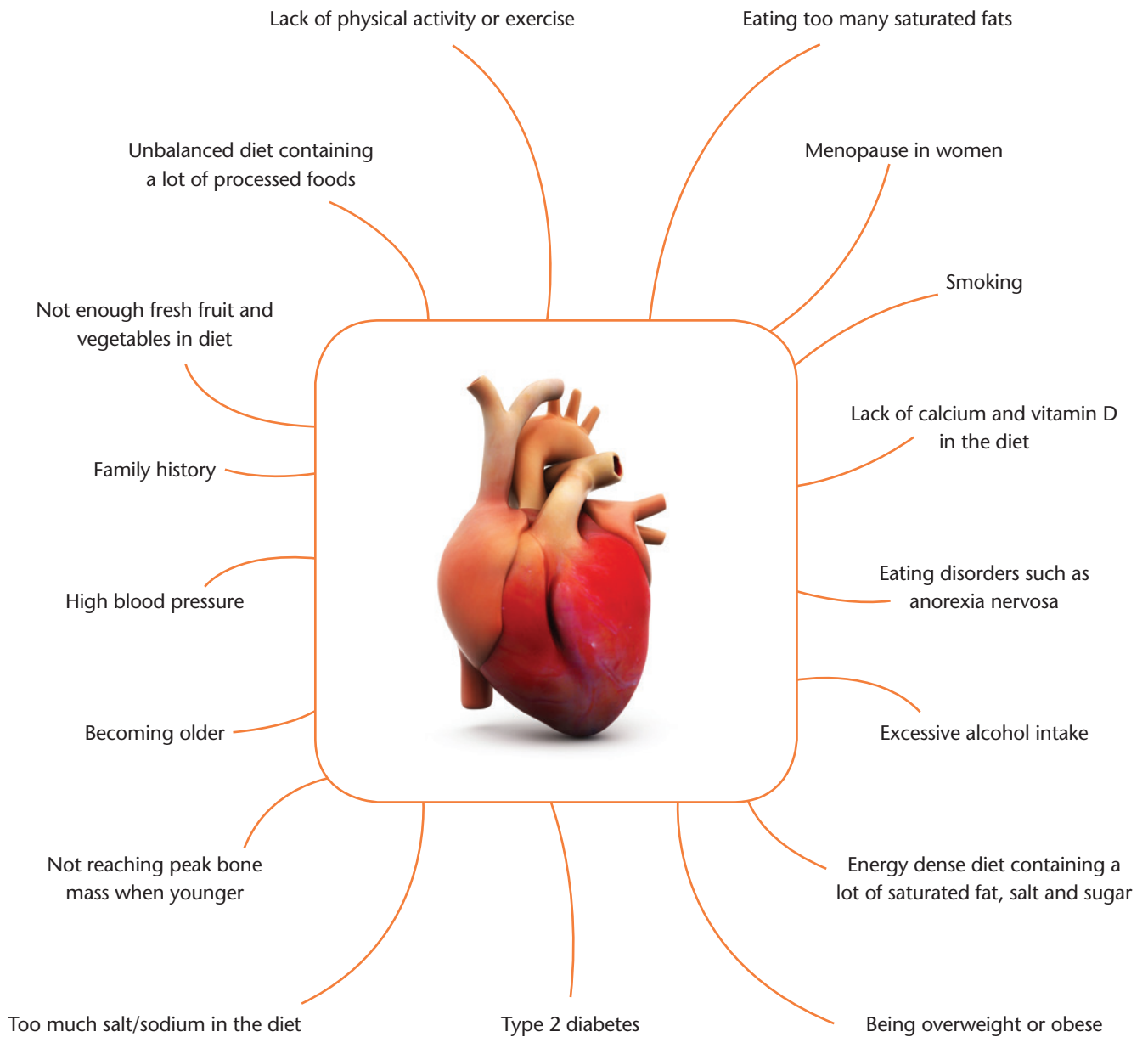
Lack of physical activity or exercise

Eating too many saturated fats

Unbalanced diet containing a lot of processed foods

Menopause in women

Not enough fresh fruit and vegetables in diet

Smoking

Family history

Lack of calcium and vitamin D in the diet

High blood pressure

Eating disorders such as anorexia nervosa

Becoming older

Excessive alcohol intake

Not reaching peak bone mass when younger

Energy dense diet containing a lot of saturated fat, salt and sugar

Too much salt/sodium in the diet

Type 2 diabetes

Being overweight or obese
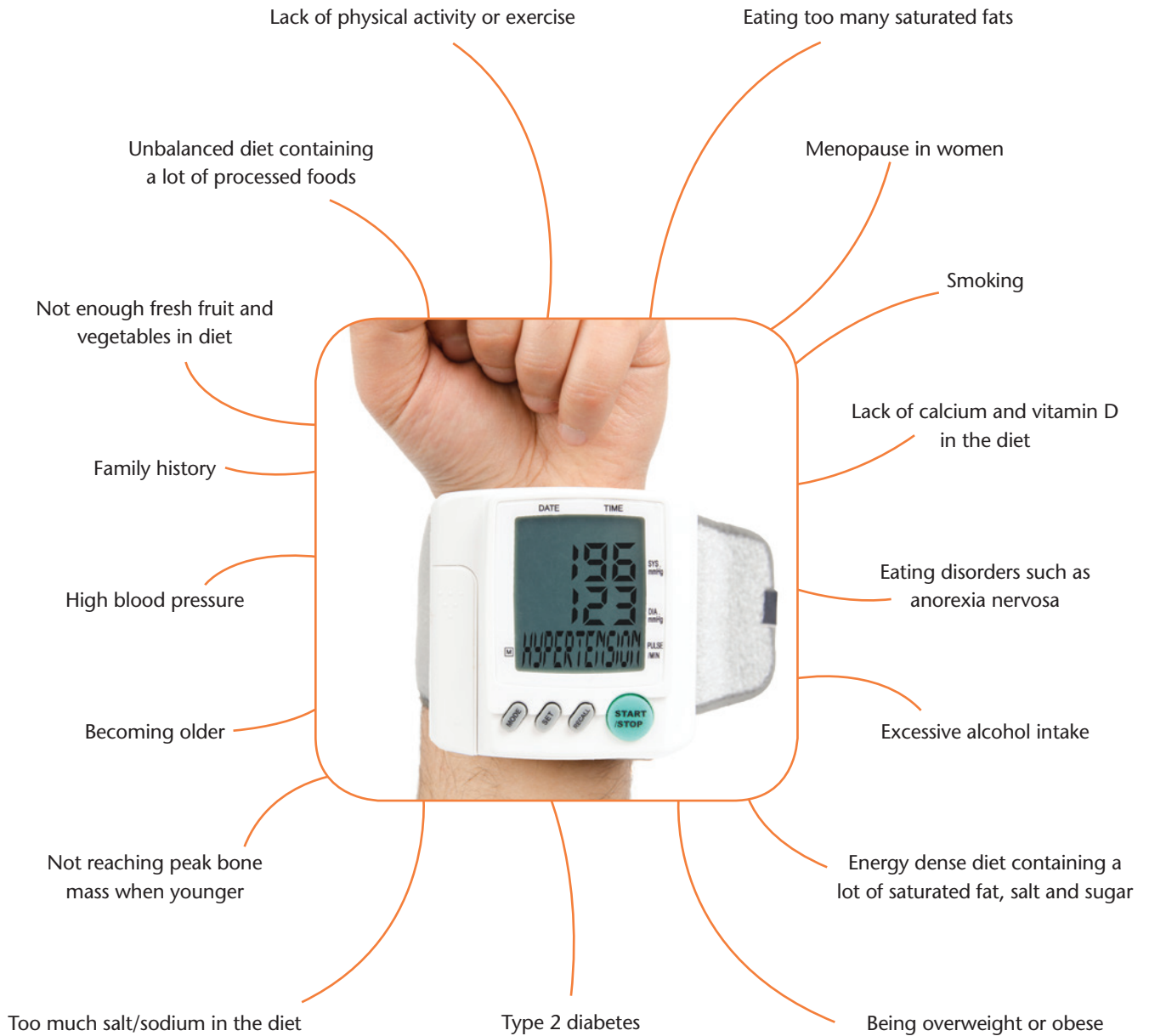
Smoking

Being overweight or obese

Type 2 diabetes

Lack of physical activity or exercise

Unbalanced diet containing a lot of processed foods

Energy dense diet containing a lot of saturated fat, salt and sugar

Drinking too much alcohol

Eating too many saturated fats

Too much salt/sodium in the diet

High blood pressure

Family history

Becoming older

Answers: Risk factors for type 2 diabetes

2k

From the list below, choose the 6 factors that increase the risk of type 2 diabetes.

Lack of physical activity or exercise

Eating too many saturated fats

Unbalanced diet containing a lot of processed foods

Menopause in women

Not enough fresh fruit and vegetables in diet

Smoking

Family history

Lack of calcium and vitamin D in the diet

High blood pressure

Eating disorders such as anorexia nervosa

Becoming older

Excessive alcohol intake

Not reaching peak bone mass when younger

Energy dense diet containing a lot of saturated fat, salt and sugar

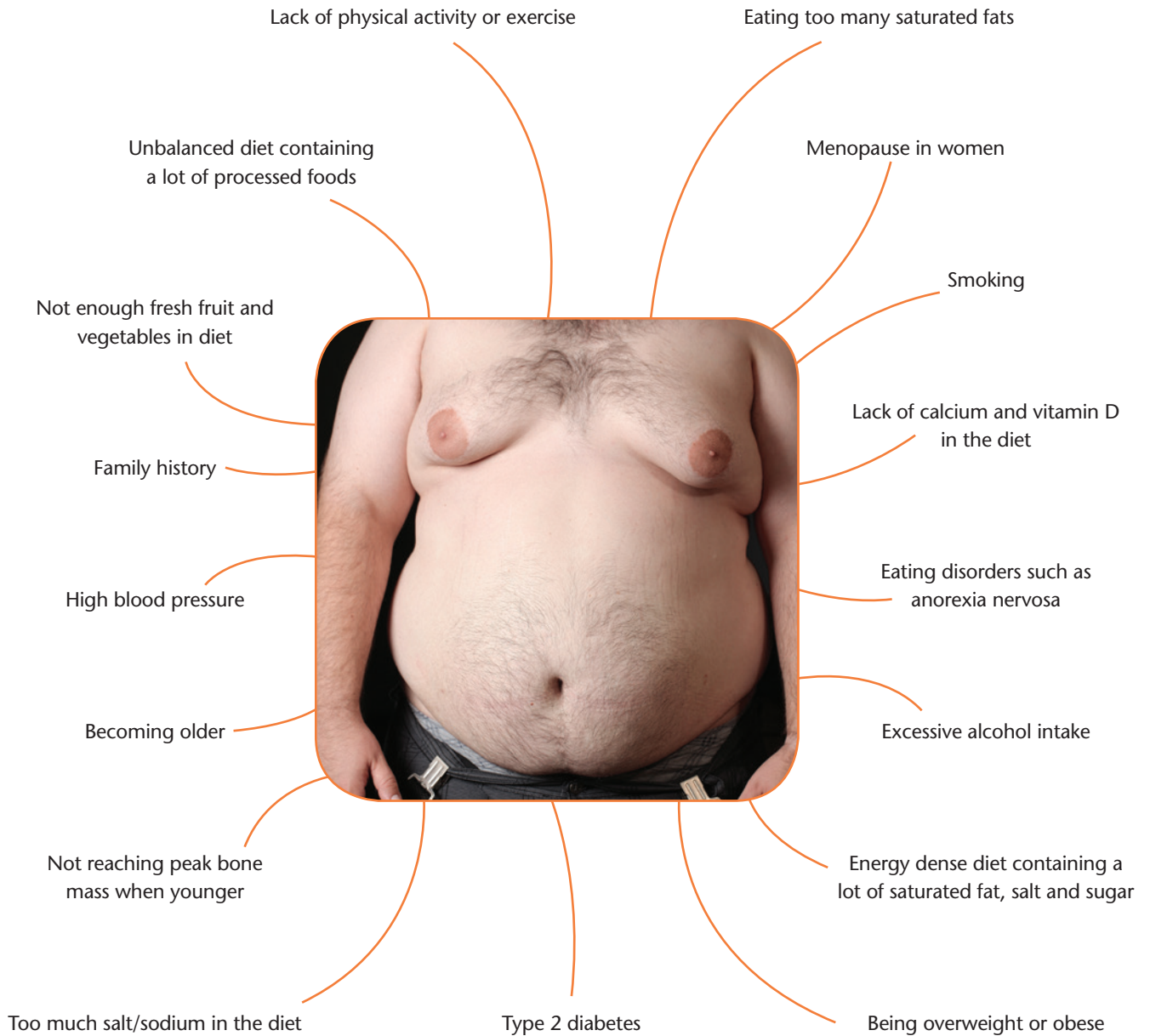Too much salt/sodium in the diet

Type 2 diabetes

Being overweight or obese

Being overweight or obese

Lack of physical activity or exercise

Unbalanced diet containing a lot of processed foods

Energy dense diet containing a lot of sugar, saturated fat and salt

High blood pressure

Family history

From the list below, choose the 6 factors that increase the risk of hypertension (high blood pressure).

Lack of physical activity or exercise

Eating too many saturated fats

Unbalanced diet containing a lot of processed foods

Menopause in women

Smoking

Not enough fresh fruit and vegetables in diet

Lack of calcium and vitamin D in the diet

Family history

High blood pressure

Eating disorders such as anorexia nervosa

Becoming older

Excessive alcohol intake

Not reaching peak bone mass when younger

Energy dense diet containing a lot of saturated fat, salt and sugar

Too much salt/sodium in the diet

Type 2 diabetes

Being overweight or obese
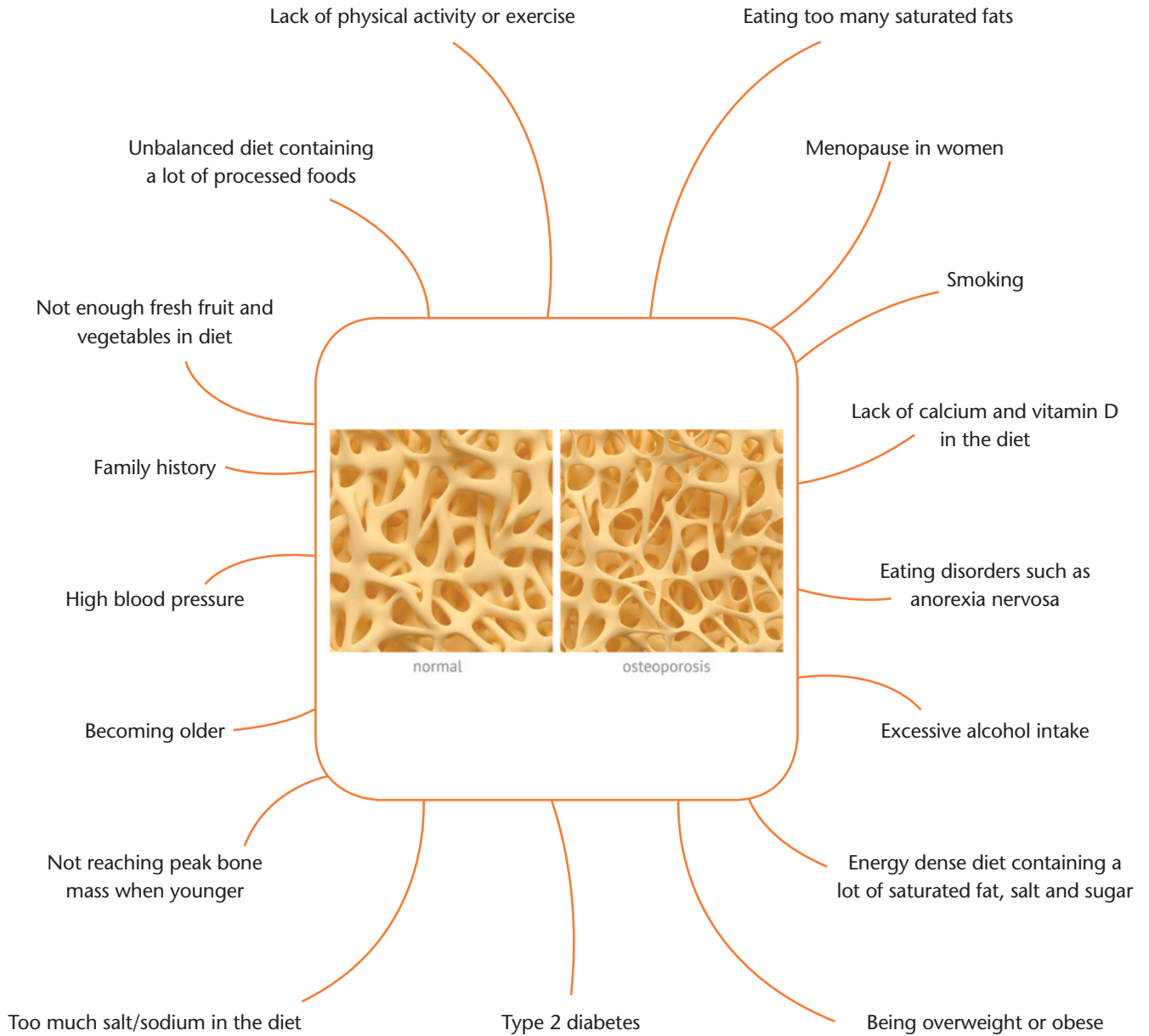
Smoking

Being overweight or obese

Type 2 diabetes

Lack of physical activity or exercise

Unbalanced diet containing a lot of processed foods

Energy dense diet containing a lot of saturated fat, salt and sugar

Eating too many saturated fats

Too much salt /sodium in the diet

Answers:
Risk factors for obesity

2m

From the list below, choose the 4 factors that increase the risk of obesity.

Lack of physical activity or exercise

Eating too many saturated fats

Unbalanced diet containing a lot of processed foods

Menopause in women

Smoking

Not enough fresh fruit and vegetables in diet

Lack of calcium and vitamin D in the diet

Family history

High blood pressure

Eating disorders such as anorexia nervosa

Becoming older

Excessive alcohol intake

Not reaching peak bone mass when younger

Energy dense diet containing a lot of saturated fat, salt and sugar

Too much salt/sodium in the diet

Type 2 diabetes

Being overweight or obese

Lack of physical activity or exercise

Unbalanced diet containing a lot of processed foods

Energy dense diet containing a lot of saturated fat, salt and sugar

Family history

From the list below, choose the 10 factors that increase the risk of osteoporosis.

Lack of physical activity or exercise

Eating too many saturated fats

Unbalanced diet containing a lot of processed foods

Menopause in women

Smoking

Not enough fresh fruit and vegetables in diet

Lack of calcium and vitamin D in the diet

Family history

High blood pressure

Eating disorders such as anorexia nervosa

Becoming older

Excessive alcohol intake

Not reaching peak bone mass when younger

Energy dense diet containing a lot of saturated fat, salt and sugar

Too much salt/sodium in the diet

Type 2 diabetes

Being overweight or obese

normal   osteoporosis

Lack of physical activity or exercise

Unbalanced diet containing a lot of processed foods

Not enough fresh fruit and vegetables in the diet

Family history

Becoming older

Not reaching peak bone mass when younger

Menopause in women

Lack of calcium and vitamin D in the diet

Eating disorders such as anorexia nervosa

Excessive alcohol intake

From the list of factors below, pick the 9 that are important to maintain a good level of health.

Getting plenty of sleep

Sitting down for long periods

Having time to relax and have fun

Getting plenty of fresh air

Sleeping until midday

Drinking plenty of water

Eating high levels of sugar

Eating plenty of fresh fruit and vegetables

Skipping meals

Eating a balanced diet containing lots of different fresh foods

Enjoying fried food

Taking care to conserve energy

Grazing whenever you feel hungry

Eating regular meals throughout the day

Taking part in plenty of physical activity and exercise

Making sure you have as much coffee as possible

Not drinking too much water

Taking care not to eat too many different types of food

Eating one big meal a day

Eating breakfast every day

Getting plenty of sleep

Getting plenty of fresh air

Drinking plenty of water

Eating plenty of fresh fruit and vegetables

Eating a balanced diet containing lots of different fresh foods

Taking part in plenty of physical activity and exercise

Eating regular meals throughout the day

Eating breakfast every day

Having time to relax and have fun