

# Energy and You

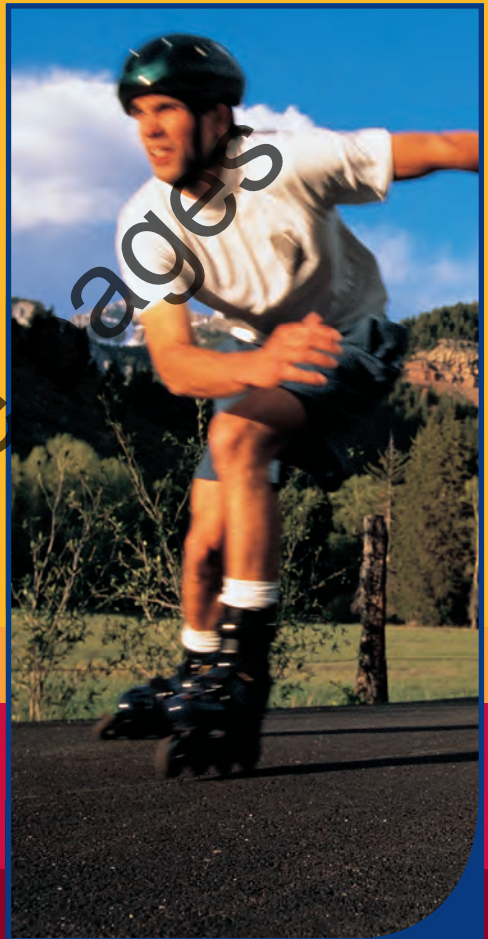
We use energy all the time. We are using energy right now!

We get energy from the food we eat. Our bodies would not be able to work without food.

Food has different amounts of energy in it. We can measure the energy in food. Energy is measured in joules.



We need energy from food to read this book.



We need energy from food to have fun.



An average apple can give 196 kJ.



A piece of chocolate cake of the same weight can give 1599 kJ.

1000 joules is equal to 1 kilojoule (kJ)

lettuce (100g)



37 kJ

carrots (100g)



133 kJ

onion (100g)



160 kJ

chips (100g)



1021 kJ

beef (100g)



891 kJ

bread roll (100g)



1038 kJ

tomato (100g)



66 kJ

cheese (100g)



1565 kJ



How many kilojoules do you think is in a hamburger?