

# Energy priority

- How much energy would I get from these foods?
- Which would require the most exercise to work off?



①  
bowl of pasta



②  
fizzy drink



③  
cashew nuts



④  
chicken sandwich



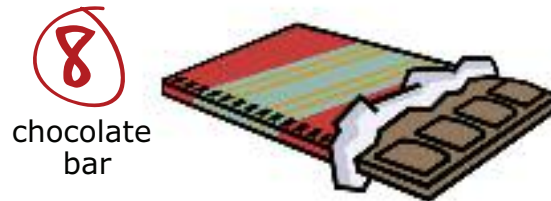
⑤  
bowl of cereal



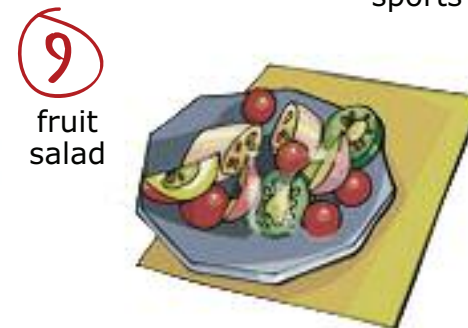
⑥  
sports drink



⑦  
crisps



⑧  
chocolate bar



⑨  
fruit salad