

Copymaster: Pages 8-9: Food Energy

Suggested daily energy intake (in kJ) by level of physical activity
(www.mydailyintake.net/di_calculator.php)

Age	Boys		Girls	
	Not active	Very active	Not active	Very active
9	6 800	9 700	6 400	9 100
10	7 300	10 400	6 700	9 500
11	7 700	11 000	7 000	10 000
12	8 200	11 600	7 400	10 600
13	8 700	12 400	7 800	11 100

Copymaster: Pages 10-11: Energy Density

Water Content and Energy Density							
A	B	C	D	E	F	G	H
Food	Original mass (g)	Energy density in kJ/g (not dehydrated)	Energy (kJ)	Normal water content (% by mass)	Dry mass (g)	Mass saved (g)	Energy density (kJ/g, dehydrated)
Apples	450	1.5		85			
Bananas	610	3.4		76			
Beef	540	9		54			
Carrots	420	0.8		88			
Peas	450	2		89			
Rice	280	5.2		10			
Dried fruit and nuts	150	7.5		0			
Total							