

Name \_\_\_\_\_

Period \_\_\_\_ Date \_\_\_\_\_

## MEASURING FOOD ENERGY

.....

The snack food we burned was \_\_\_\_\_

Fill in the data table.

Volume of water	
Final temperature	
Starting temperature	
Temperature change	

1. The unit used to measure heat energy is the **calorie**. One calorie (c) is the amount of heat needed to raise the temperature of 1 ml of water 1°C. Therefore, it would take 10 calories to raise the temperature of 1 ml of water 10°C. It would also take 10 calories to raise the temperature of 10 ml of water 1°C.

Calculate the number of calories your sample of snack food produced when it burned.

2. If your suggested daily intake of calories is about 2000 calories a day, how many pieces of this snack food would you have to eat each day to meet your requirement?
3. Food calories are measured in **kilocalories** or **Calories**. A food Calorie is equal to 1000 calories. How many pieces of your snack food would you have to eat to get your suggested daily requirement of 2000 food Calories?