**Food Energy Activity**

**Description of the Meal:**

**My Group’s Meal Item:**

1. What is our meal item made of?
2. How large is the item? About how many food calories would this item have? *\*Use Nutritional Information Guides\**
3. Make a Concept Sketch tracing this item back to its roots. Try to consider as many energy inputs as you can.

**Energy Estimation**

1. Estimate how much energy it takes to make your food item. *\*Use Food Efficiency Estimation Resources\**

**Class Meal:**

1. Our classes’ meal is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories in total.
2. It takes approximately \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories to make this meal.
3. Based off an \_\_\_\_\_\_\_\_\_\_\_\_ calorie diet, our estimated calorie input to make food for one day is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories.

**Conversion Factor: 1 food calorie = 4184 joules.**

1. One day of food takes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MJ to make.

**Food Efficiency Estimation Resources:**

**Energy used for creating a variety of foods**

<http://spectrum.ieee.org/static/the-energy-to-create-your-food>

**Energy efficiency of a variety of foods**

<http://www.theoildrum.com/node/6252>

**Energy efficiency of wheat and barley article**

<http://www.sciencedirect.com/science/article/pii/S1658077X13000155>