

**Energy Challenge**

Use the first website to find out how much energy is in the foods listed in Kcal.

<http://www.calorieking.com/foods/>

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| Food | Mass/amount | Calories (Kcal) |
| Medium sized raw egg | 1 piece |  |
| Granulated Sugar | 100g |  |
| Cooked long grain white rice | 50g |  |
| Plain cooked spaghetti | 25g |  |
| Whole 2” Tomato | 1 piece |  |
| Whole milk | 75ml |  |