

JUNK FOOD CALORIE GAME – PRINT AND CUT OUT THE FOLLOWING FOODS/DRINKS WITH CALORIE COST. WITH A SUITABLE PARTNER, COLLECT THE LABELS INTO A RANDOM PILE. TAKE TURNS TO GIVE YOUR PARTNER A DRINK OR FOOD LABEL. CALCULATE THE TOTAL COST OF EATING THESE JUNK FOODS/DRINKS AND SEE WHOS FIRST TO EXCEED THEIR DAILY CALORIFIC REQUIREMENTS. IF NOT KNOWN USE 2500 AS A VERY ROUGH TYPICAL CALORIE ALLOWENCE. SEE HOW QUICKLY THESE CALORIES ADD UP OVER AND ABOVE YOUR DAILY CALORIFIC REQUIREMENTS - MAKING YOU FAT! THE LOSER IS THE FIRST TO EXCEED THEIR CALORIFIC ALLOWENCE OR BUST (LIKE BLACKJACK)!

(INFO TAKEN FROM WWW.NUTRACHECK.CO.UK)

**McDonalds, Quarter Pounder with
Cheese (1 burger) 516 CALORIES**

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Cheese (1 burger) 516 CALORIES**

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Cheese (1 burger) 516 CALORIES**

**Indian, Chicken Korma
(serving) 599 CALORIES**

**Chinese, Egg Fried Rice
(400g) 744 CALORIES**

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(400g) 744 CALORIES

Chinese, Sweet & Sour Chicken

(serving) 435 CALORIES

Fish & Chips

(average portion) 838 CALORIES

Pizza, 9-10" Meat or Fish Pizza

(whole pizza) 744 CALORIES

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(whole pizza) 744 CALORIES

Foster's Lager (1 pint) 193 CALORIES

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Stella Artois (1 pint) 256 CALORIES

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Pizza, 12" Meat or Fish Pizza

(whole pizza) 1,584 CALORIES

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(whole pizza) 1,584 CALORIES

Indian, Chapati

(1 chapati) 129 CALORIES

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(1 chapati) 129 CALORIES

Rice, Basmati Rice Brown

(100g makes 1 portion) 357 CALORIES

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(100g makes 1 portion) 357 CALORIES

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(100g makes 1 portion) 357 CALORIES

Rice, Boiled White

(serving) 350 CALORIES

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(serving) 350 CALORIES

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(serving) 350 CALORIES

Pasta, Penne Pasta

(100g makes 1 portion) 356 CALORIES

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(100g makes 1 portion) 356 CALORIES

Noodles, Egg Noodles Sharwoods

(400g 4/5 pack) 344 CALORIES

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(400g 4/5 pack) 344 CALORIES

Mixed Veg Foo Yung

(serving) 400 CALORIES

Indian, Garlic Naan

(1 naan) 395 CALORIES

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(1 naan) 395 CALORIES

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(1 naan) 395 CALORIES

Indian, Chicken Biryani

(serving) 519 CALORIES

Chinese, Crispy Duck & Pancakes

(x3 pancakes) 403 CALORIES

Chinese, Chicken Chow Mein

(serving) 361 CALORIES

Bulmers Original Cider

(1 pint) 210 CALORIES

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(1 pint) 210 CALORIES

White Wine - Medium

(175ml) 130 CALORIES

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(175ml) 130 CALORIES

Guinness Draught
(1 pint) 210 CALORIES

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(1 pint) 210 CALORIES

Red Wine
(175ml) 119 CALORIES

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(175ml) 119 CALORIES

Chocolate, Twix (58g) 284 CALORIES

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Cadburys Flake (1 bar) 180 CALORIES

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Crisps, Walkers Salt & Vinegar Crisps

(34.5g) 181 CALORIES

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(34.5g) 181 CALORIES**

**Crisps, Walkers Doritos Cool
Original/Cheese (40g) 177 CALORIES**

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Original/Cheese (40g) 177 CALORIES**

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Original/Cheese (40g) 177 CALORIES**

Maltesers (37g) 187 CALORIES

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Snickers (62.5g bar) 319 CALORIES

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Tropicana Original Orange Juice with bits (330ml can) 142 CALORIES

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Coca-Cola (330ml can) 142 CALORIES

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Biscuits, Digestives Milk Chocolate

(1 biscuit) 84 CALORIES

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(1 biscuit) 84 CALORIES

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(1 biscuit) 84 CALORIES

Biscuits, Custard Creams

(1 biscuit) 64 CALORIES

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(1 biscuit) 64 CALORIES

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(1 biscuit) 64 CALORIES

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(1 biscuit) 64 CALORIES

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(1 biscuit) 64 CALORIES

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(1 biscuit) 64 CALORIES

Biscuits, Hob Nobs Milk Chocolate

(1 biscuit) 92 CALORIES

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(1 biscuit) 92 CALORIES

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Biscuits, Hob Nobs Milk Chocolate

(1 biscuit) 92 CALORIES

Muffin, Chocolate Chip

(1 muffin) 401 CALORIES

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(1 muffin) 401 CALORIES

Toast – White, 10g spread, medium loaf

(1 slice) 144 CALORIES

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(1 slice) 144 CALORIES

Toast – White, 10g spread, medium loaf

(1 slice) 144 CALORIES

Toast – White, 10g spread, medium loaf

(1 slice) 144 CALORIES

**Toast – White, 10g spread, medium loaf
(1 slice) 144 CALORIES**

**Toast – White, 10g spread, medium loaf
(1 slice) 144 CALORIES**

**Indian, Lamb Rogan Josh
(serving) 525 CALORIES**

**Indian, Onion Bhaji
(1 bhaji) 95 CALORIES**

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(1 bhaji) 95 CALORIES**

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(1 bhaji) 95 CALORIES**

**Asian Cuisine 4 Vegetable Spring Rolls
Aldi 240g (1 roll = 133 Calories)
(4 x rolls) 532 CALORIES**