

Name _____

Cold Food Only Day Worksheet

The following table compares the cost of cooking the same meal in different ways. Complete the table by calculating the cost, assuming the cost of electricity is \$0.10 a kWh.

1. Use the following equation to calculate the cost for each way of preparing food:
Energy (in kWh) X Price per kWh = Cost (in dollars).

Appliance	Temperature	Time	Energy (total)	Cost (in dollars)
Electric oven	350	1 hour	2.0 kWh	
Convection oven	325	45 minutes	1.39 kWh	
Frying pan	420	1 hour	0.9 kWh	
Toaster Oven	425	50 minutes	0.95 kWh	
Electric Crockpot	200	7 hours	0.7kWh	
Microwave Oven	"High"	15 minutes	0.36 kWh	

From http://eartheasy.com/eat_kitchen_enersave.htm..

The table shows the total energy used by the appliance to cook the food. Use the following equation to calculate how much energy is used by the appliance in 1 hour:
Total energy (in kWh) x Total Time (in hours) = Energy per hour.

2. How much energy does the toaster oven use per hour? _____kW

3. 1 kW = 1000 watts. How many watts does the toaster oven use per hour? _____W

4. List cold foods from each food group below.

Grains & starches: _____

Meat, nuts, & beans: _____

Dairy: _____

Fruit: _____

Vegetables: _____

Dessert or snack: _____