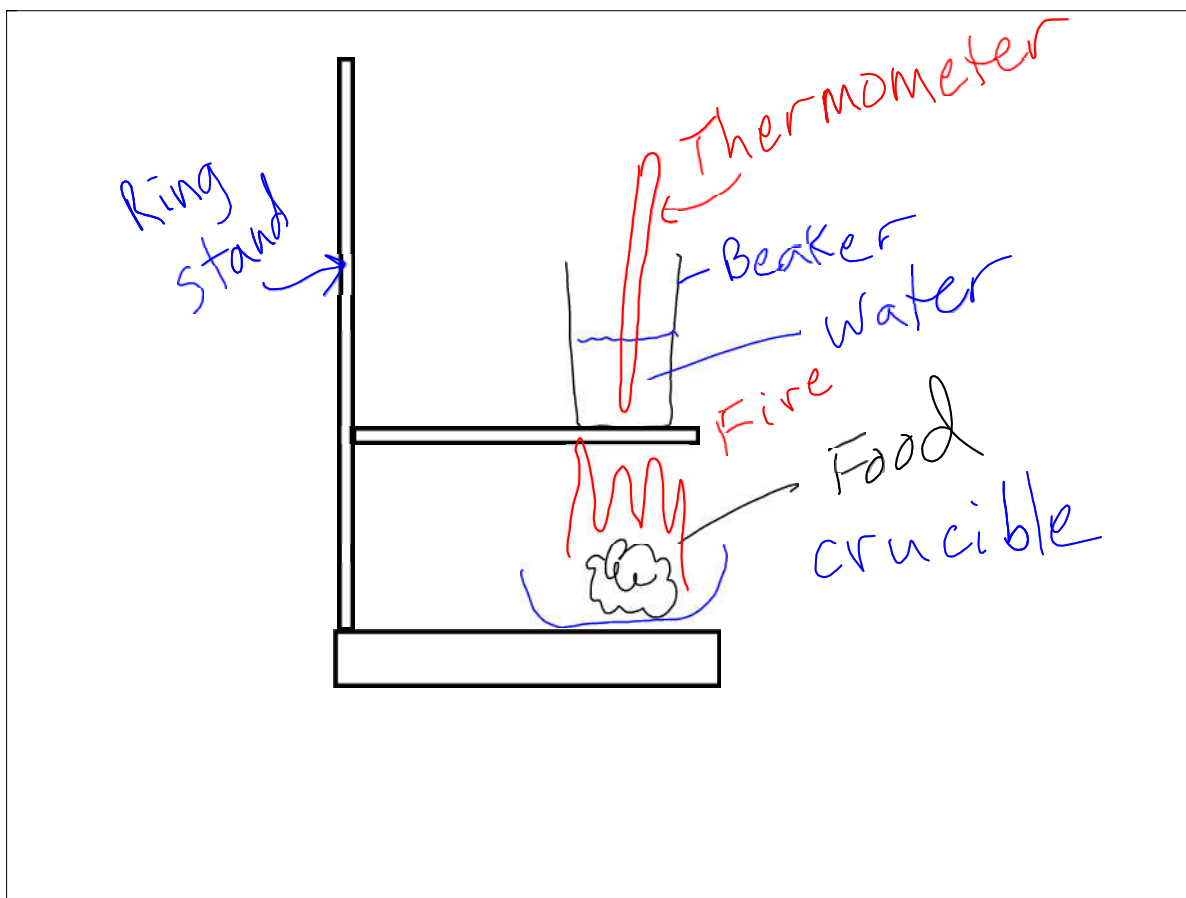


IQWST Chemistry PI: Marshmallows Nutrition Facts

Marshmallows

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	
Calories 318	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrates 81g	27%
Dietary Fiber 0g	
Sugars 58g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 1%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



1 Calorie = the amount of energy required to raise 1g of water by 1° C



$$\begin{aligned} \text{calories} &= \text{mass} \times \Delta t \\ &= 100\text{g} \times 8^\circ\text{C} \\ &= 800 \text{ calories (heat calories)} \\ 1000 \text{ calories (heat)} &\uparrow = 1 \text{ Calorie (Food)} \end{aligned}$$

the change in...
(the change in temperature)

$$180 \text{ kcal} = 180 \text{ Cal}$$