Usually listed on the power cord. This is the rated power your appliance uses when turned on.

Time appliance is "on". If minutes or seconds, convert to hours first.

$$kWh = \frac{Watts * Time(hrs)}{1000}$$

kilo-Watt-hour. This is what you are billed for by the utility. Usually in the form of "cents/kWh". I pay 9 cents/kWh or \$.09/kWh. Need to divide total by 1000, otherwise it would just be Wh, not 'kilo-Wh'.