NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Per:\_\_\_\_\_\_\_\_\_

**How Many Calories Does Exercise Burn?**

Follow the Directions of the back of this sheet to complete this worksheet.

|  |  |  |  |
| --- | --- | --- | --- |
| **Look up these foods on:** [**https://www.nutritionix.com/**](https://www.nutritionix.com/) | **# of calories:** | **How many minutes would it take for you to burn these calories walking**  **3.5 mph** | **How many minutes would it take for you to burn these calories running**  **5 mph** |
| 1. Mars Snickers Candy Bar |  |  |  |
| 2. Apple |  |  |  |
| 3. Mountain Dew 20 oz. |  |  |  |
| 4. Banana |  |  |  |
| 5. Cheetos Flaming Hot |  |  |  |
| 6. Dairy Queen Cookie Dough Blizzard - Med. |  |  |  |

Conclusion: Write a few sentences about what you learned doing this exercise. Were you surprised by the # of calories in any of the foods?

**“How Many Calories Does Exercise Burn?” Directions:**

1. Log into [**https://www.nutritionix.com/**](https://www.nutritionix.com/) (Go to the search button on the top of the page)

Look up all 6 of the food items on the front of this sheet and write down the calories for each in the “# of calories” column.

2. Log into <http://activitycalc.com>

BMI is calculated by dividing a person's weight in kilograms by the square of height in meters.

DO NOT FEEL TOO BAD IF YOUR READING IS “OVERWEIGHT “OR “OBESE!” HERE IS WHAT HARVARD HAD TO SAY ABOUT BMI:

BMI is not a perfect measure, because it does not directly assess body fat. Muscle and bone are denser than fat, so an athlete or muscular person may have a high BMI, yet not have too much fat. But most people are not athletes, and for most people, BMI is a very good gauge of their level of body fat.

<http://www.hsph.harvard.edu/obesity-prevention-source/obesity-definition/obesity-definition-full-story/>

3. Enter your gender, weight, height, age, and activity level.

4. If you care to look to the right, you can see your B.M.I.

You can see how many calories to eat if you want to lose

or gain weight, and you can adjust your activity level to see

how you can burn more calories per day.

**5. Below this section, you can click on the category “Walking” and then choose “Walking 3.5 mph.**

**6. In the box to the right you can adjust how many calories you are burning by scrolling the “Duration” (that means how long) bar to the right or left. Move it until you get it as close to the calories of the first item you looked up on** [**https://www.nutritionix.com/**](https://www.nutritionix.com/)**.**

**7. Move the bar to find the calories for each of the 6 items you want to burn by walking and write them in.**

**8. Then click the blue “Clear Activities List” and select the category “Running” 5 mph. Move the bar to find the calories for each of the 6 items you want to burn by running and write them in.**