



Snack Attack



A calorie measures the amount of energy stored in food. Doing various activities for different amounts of time can burn calories. The following chart shows how many calories you can burn in **ten minutes** doing various activities.

Exercise	Walking	Biking	Skating	Jumping Rope	Running
Calories burned	25 cal	40 cal	50 cal	60 cal	80 cal

The following are menu items from a local fast food restaurant with the calorie information for each food. Determine how many minutes of each activity are needed to burn off the calories of each food.

Food	Walking	Biking	Skating	Jumping rope	Running
Small serving of French fries 240 calories	96 minutes	60 minutes	48 minutes	40 minutes	30 minutes
Oatmeal Cookies 150 calories	60 minutes	37.5 minutes	30 minutes	25 minutes	18.75 minutes
Crispy Fried chicken sandwich 420 calories	168 minutes	105 minutes	84 minutes	70 minutes	52.5 minutes
Double Cheeseburger 430 calories	172 minutes	107.5 minutes	86 minutes	71.67 minutes	53.75 minutes
6 chicken nuggets 240 calories	96 minutes	60 minutes	48 minutes	40 minutes	30 minutes
Yogurt 55 calories	22 minutes	13.75 minutes	11 minutes	9.16 minutes	6.875 minutes