



Name _____

Snack Attack

The amount of energy stored in food is called “a calorie.”
Doing physical activity for different amounts of time can burn calories.

The following chart shows how many calories you can burn in 10 minutes doing various physical activities.

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

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					
Oatmeal cookies 150 calories					
Crispy fried chicken sandwich 420 calories					
Double cheeseburger 430 calories					
Six chicken nuggets 240 calories					
Yogurt 55 calories					