



## Activity #2 Energy Balance

**Instructions:** Figure out how much physical activity a 150-pound person would need to do to balance out the total calories in the following meals and snacks. Use your *Energy Out Physical Activity* reference sheet to fill in the activities that you choose to do to burn off the calories from the food/beverage combinations you eat. For example, to burn off 1,000 calories from spaghetti with tomato sauce and garlic bread, you could choose to do two hours of basketball (544 calories/hour) or one hour of soccer (680 calories/hour) and one hour of skateboarding (340 calories/hour). Note: Does not have to add up to the exact number of *Energy In* calories, only needs to be within 50 calories.

### 1. **Energy In:**

Fast-food cheeseburger: 300 calories

Large French fries: 500 calories

Large regular soda: 310 calories

Total calories: **1,110**

#### **Energy Out:**

Physical activity(s) I choose to do: \_\_\_\_\_

Total calories: \_\_\_\_\_

### 2. **Energy In:**

6" turkey sub: 280 calories

Classic potato chips (1 oz. bag): 160 calories

Chocolate chip cookie: 210 calories

Medium regular soda: 210 calories

Total calories: **860**

#### **Energy Out:**

Physical activity(s) I choose to do: \_\_\_\_\_

Total calories: \_\_\_\_\_

### 3. **Energy In:**

Frosted wheat cereal (1 cup) = 175 calories

Fat free milk (1 cup) = 86 calories

Medium banana = 105 calories

Total calories: **366**

#### **Energy Out:**

Physical activity(s) I choose to do: \_\_\_\_\_

Total calories: \_\_\_\_\_

**4. Energy In:**

Grilled salmon (3 oz.) = 280 calories

Steamed broccoli (1 cup) = 30 calories

Long grain and wild rice pilaf (1 cup) = 190 calories

Fat free milk (1 cup) = 83 calories

Total calories: **583**

**Energy Out:**

Physical activity(s) I choose to do: \_\_\_\_\_

Total calories: \_\_\_\_\_

**5. Energy In:**

Whole grain crackers (6) = 120 calories

Low-fat cheddar cheese (1 oz.) = 48 calories

Orange juice (8 oz.) = 112 calories

Total calories: **280**

**Energy Out:**

Physical activity(s) I choose to do: \_\_\_\_\_

Total calories: \_\_\_\_\_





## Activity #2

### Energy Balance

### ANSWER KEY

**Note: Answers may vary.**

**Instructions:** Figure out how much physical activity a 150-pound person would need to do to balance out the total calories in the following meals and snacks. Use your *Energy Out Physical Activity* reference sheet to fill in the activities that you choose to do to burn off the calories from the food/beverage combinations you eat. For example, to burn off 1,000 calories from spaghetti with tomato sauce and garlic bread, you could choose to do two hours of basketball (544 calories/hour) or one hour of soccer (680 calories/hour) and one hour of skateboarding (340 calories/hour). Note: Does not have to add up to the exact number of *Energy In* calories, only needs to be within 50 calories.

**1. Energy In:**

Fast-food cheeseburger: 300 calories

Large French fries: 500 calories

Large regular soda: 310 calories

Total calories: **1,110**

**Energy Out:**

Physical activity(s) I choose to do: 1 hour basketball (game) + 1 hour lacrosse

Total calories: 544 + 544 = 1088

**2. Energy In:**

6" turkey sub: 280 calories

Classic potato chips (1 oz. bag): 160 calories

Chocolate chip cookie: 210 calories

Medium regular soda: 210 calories

Total calories: **860**

**Energy Out:**

Physical activity(s) I choose to do: 1 hour soccer (competitive) + 1 hour fishing

Total calories: 680 + 204 = 884

**3. Energy In:**

Frosted wheat cereal (1 cup) = 175 calories

Fat free milk (1 cup) = 86 calories

Medium banana = 105 calories

Total calories: **366**

**Energy Out:**

Physical activity(s) I choose to do: 1 hour baseball (playing catch) + 1 hour bowling

Total calories: 204 + 170 = 374

**4. Energy In:**

Grilled salmon (3 oz.) = 280 calories

Steamed broccoli (1 cup) = 30 calories

Long grain and wild rice pilaf (1 cup) = 190 calories

Fat free milk (1 cup) = 83 calories

Total calories: **583**

**Energy Out:**

Physical activity(s) I choose to do: 1 hour bicycling

Total calories: 544

**5. Energy In:**

Whole grain crackers (6) = 120 calories

Low-fat cheddar cheese (1 oz.) = 48 calories

Orange juice (8 oz.) = 112 calories

Total calories: **280**

**Energy Out:**

Physical activity(s) I choose to do: 1 hour gymnastics

Total calories: 272

