












Activity #2 Calorie Count

Instructions: Cut out the *Calorie Count* foods below. Notice that each food has a certain number of calories (☼).

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 ☼	 ☼ ☼	 ☼ ☼ ☼
 ☼	 ☼ ☼	 ☼ ☼ ☼



Activity #3 Calorie Count!

Instructions: Each of your *Calorie Count* foods has a certain number of calories (☼). Because calories give you energy, each fun physical activity requires a certain number of calories. Combine two foods so that the calories add up to the number of calories needed for each fun physical activity below.

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