



Walk It Off!

Exercise can be used to "burn off" extra calories from snacking. An easy way to exercise is walking. It requires no special training or equipment, just the right type of shoes. The graph below will show you how long it takes to burn extra calories if you walk three miles per hour.

Pizza—1 slice (185 calories)																				
Apple—1 medium (80 calories)																				
Doughnut (150 calories)																				
Peanuts—20 nuts (120 calories)																				
Popcorn—1 cup plain (25 calories)																				
Potato chips—15 chips (172 calories)																				
Ice cream—1 cup (270 calories)																				

0 5 10 15 20 25 30 35 40 45 50 55 60
Number of Minutes of Walking To Burn Off Calories

1. Color in the graph to show the number of minutes of walking: pizza = 36, apple = 16, doughnut = 29, peanuts = 23, popcorn = 5, potato chips = 34, ice cream = 54.

Answer these questions on the back.

2. Which foods take less than a half hour to burn off?
3. Which would take longer to burn off, two slices of pizza or one cup of ice cream with 20 peanuts on top? How much longer?
4. Using the number of minutes for one doughnut, about how many calories does walking burn off in one hour?
5. You walked for one hour. What snacks above could you have eaten that would be burned off in that amount of time?
6. How many minutes would you have to walk to burn off five cups of popcorn?
7. How many calories are in 60 peanuts? How long must you walk to burn off those calories?
8. You ate three cups of popcorn with one tablespoon of margarine (100 calories). How many calories in all?
9. Approximately how many minutes would you walk to burn off 20 potato chips?
10. Why do you think biking burns more calories than walking?

Bonus Box: On the back of this sheet, write directions that describe how to keep your body in shape.