

Have it Your Way

1. How much do you or the person who you did the menu for have to exercise to burn off the food on the menu?
2. Are you surprised by the results?

1. My menu of spaghetti(41 minutes), low fat milk(19 minutes), Domino's Pepperoni Pizza(80 minutes), and chocolate ice cream(33 calories), took 167 minutes of intermediate soccer to burn off.
2. I was very surprised with the results of the minutes of different sports that it took to burn off some of my favorite foods. Before the survey, I thought they would take a quick 10-20 minutes to burn off a meal like this. Now, I realize that a meal just like this, with a drink, 2 courses, and a dessert would take upwards of up to 200 minutes using different types of sports.



