

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. Donut - 56 mins Sardine - 7 mins Hard Boiled Egg - 22 mins
Latte - 19 mins. In total, it would take Norah 104 mins to burn this meal off. (1 hr and 44 mins.)
2. No, I'm not. For the more fatty or unhealthy foods, I expected them to take a longer time to burn. For example, the donut took 56 mins to burn. Since there is more sugar, it would take longer to burn. For the healthier foods, I expected it to take less time to burn. They have less fat or sugar, so it takes less time.

66 lbs

NORAH SHRAGER

Menu of Foods

	7.14 mins to burn off while ice skating
	22.29 mins to burn off while ice skating
	19.14 mins to burn off while ice skating
	55.71 mins to burn off while ice skating