

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. The average fifth grader would have to play soccer for 0 minute to burn of a bottle of water, 44.18 minutes for a cheese pizza and 13.96 minutes for a serving of vanilla ice cream. To burn of the total menu, it would take 58.16 minutes of playing soccer.
2. I was not surprised by the results because water does not have any calories because it has no sugar. I expected that the ice cream would take more time to burn of the calories. I was expecting the total amount of minutes that pizza took to burn. These reasons are why I wasn't surprised with the amount of minutes it took to burn of all of the calories of my menu.



