

## 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. It would take 73.19 minutes to burn off everything on the menu for my brother. I think it takes 73.19 minutes because the meal on the menu has a lot of nutrients.
2. I am a little surprised because I didn't realize how much calories is in that menu. I didn't expect steak, rice, and clementines to be that much calories.

# HOW LONG DOES IT TAKE TO BURN OFF THESE CALORIES?

Person- my  
brother  
Weight- 64  
lbs  
Sport- soccer



steak- 122 calories - takes  
25.08 minutes to burn off



rice- 199 calories - takes  
40.91 minutes to burn off



clementine- 35 calories -  
takes 7.20 minutes to burn  
off



water- 0 calories - takes  
0 minutes to burn off