

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 44.18 minutes to burn off a slice of pizza, 13.96 minutes to burn off a serving of vanilla ice cream, and 33.25 to burn off a 12 fl oz bottle of Sprite.
2. I am surprised because I never knew that it takes so long to burn off a slice of pizza or a serving of ice cream. I was surprised that sprite took longer to burn off than ice cream because sprite is a liquid and ice cream has a lot of sugar in it. I now know that sprite actually has more sugar in it than ice cream does.

