

## 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 me 2hrs 18 min in total to burn off the meal of California rolls (50 min), fried shrimp (54 min), orange (12 min), and orange juice (22 min) (this was all from swimming).
2. In fact, I thought it would take about what I expected. I thought it would take like an hour or two to burn all of the total calories, I was around the point. I was kind of in the middle of surprised and not surprised because the total was just as i expected but for the individual foods were different. I thought the fried shrimp would take less like 30 minutes but it turned out to be a lot longer. Overall, the project turned out partly as I expected

