

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. For Dish #1 you would have to play 2 hours of soccer to burn off the calories in that meal. You would also have to play 137 minutes of basketball to burn off the calories in that meal. In Dish #2 you would have to play 100 minutes of soccer to burn off the calories in that meal. You would also have to play 2 hours of basketball to burn off the calories in Dish #2. In Dish #3 you would have to play soccer for 32 minutes to burn off the calories in that meal. You would also have to play basketball for 39 minutes to burn off the calories in that meal. In all, you would have to play soccer for 252 minutes, and basketball for 296 minutes to burn off the calories in all 3 meals altogether.
2. I was a little bit surprised by the results I had in the end. I thought usually people would just have to work out for 30 minutes after every meal they eat. But actually, sometimes, you would have to play some sort of activity for more than **2 hours** to just burn 1 meal! This was shocking!

MENU:

