

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 the pasta 70 min, for the sushi 48 min, for the mango sorbet 27 min, and for the water 0 min.  
2. yes , because I thought those foods would take less time to burn off.

**MINUTES  
TO BURN  
45  
CALORIES  
LIOR**



*Cucumber Sushi*

**48 MINUTES**



*Water*

**0 MINUTES**



*Plain Pasta*

**70 MINUTES**



*Mango Sorbet*

**27 MIN**