

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. To burn off scrambled eggs Ava would have to swim for 15 minutes. To burn off Oreos, Ava would have to swim for 20 minutes. To burn off mac and cheese Ava would have to swim for 50. To burn off chocolate milk Ava would have to swim for 34 minutes. It would take her 119 mins or 1 hour and 59 mins to burn off this meal.
2. I am not really surprised because a lot of the food isn't that healthy so I expected it to take a long time to burn off. For example Mac and Cheese is very unhealthy so when i saw that it took 50 mins to burn off I wasn't surprised.

98lbs

MENU **Ava Sung**

Scrambled
Eggs



14.5 mins to burn off while swimming

Oreos



19.13 mins to burn off while swimming

Mac and Cheese



49.4 mins to burn off while swimming

Chocolate Milk



33.3 mins to burn off while swimming