

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. My mom had to exercise playing tennis for 44 minutes to burn off the calories in steak she eats. She needed to play tennis for 30 minutes to burn off the calories in pasta. She needed to play tennis for 23 minutes to burn off the calories in the rice she eats. She also needs to play tennis for 8 minutes to burn off the calories in the coffee that she drinks. In total it would take 108 minutes for my mom to burn off the calories in steak, pasta, rice, and coffee she eats.
2. I am surprised with the results. I'm surprised that it would take my mom 108 minutes playing tennis just to burn off 4 food items. 108 minutes is almost 2 hours! I wouldn't want to take 2 hours of my time just to burn off the calories of the food I eat playing tennis, it would be too tiring and it would be taking away too much of my time.

Menu: mom

Food

Amount of exercise



Steak

44 min.



pasta

30 min.



Rice

23 min.

coffee

Drink

8 min.

