

Energy Balance: ENERGY IN & ENERGY OUT: Worksheet

Figure out how much a 150-pound person would need to do to balance out the total calories in each of these food combinations. You can choose any of the activities listed in the two physical activity charts in the Energy Out activities to fill in the blanks. For example, you could choose to do 2 hours of gardening or 1 hour of volleyball.

Energy In: Food and Drinks

1. **Fast-food double cheeseburger, large french fries, and a 32-ounce regular soda**

Total calories: 1,290

Physical activity I choose to do: _____

2. **Fast-food Caesar salad with grilled chicken (9.8 ounces), with Caesar salad dressing (1 ounce), sliced apple with caramel dipping sauce (3.2 ounces), and medium diet soda (21 ounces)**

Total calories: 395

Physical activity I choose to do: _____

3. **Fast-food 6-inch cold cut sub, potato chips, and a cookie**

Total calories: 757

Physical activity I choose to do: _____

4. **Whole grain cereal (1 cup) and fat-free milk (1 cup) and a banana**

Total calories: 307

Physical activity I choose to do: _____

5. **Chocolate frosted cake (1/8 slice, 18-inch cake) and vanilla ice cream (1 cup)**

Total calories: 532

Physical activity I choose to do: _____

6. **Baked fish (3 ounces), green beans, rice (1 cup), and low-fat frozen yogurt (1 cup)**

Total calories: 662

Physical activity I choose to do: _____

