

Working off the Calories

Amazing Fact

An American called Dan Gorske has eaten over 26,000 Big Macs in his lifetime. In the last 25 years, there have only been eight days on which he hasn't eaten at least one Big Mac.

When making food choices, it's very important to think about whether you will be exercising enough to burn off the extra energy that food type provides. Many experts are now calling for food to be labelled with this information to enable people to make healthy choices.

Here are some examples.

Food	Calories	Walk off	Run off
Blueberry muffin	265	48 mins	25 mins
Can of soft drink (non-diet)	138	26 mins	13 mins
Packet of crisps	171	31 mins	16 mins
Packet of peanuts	296	54 mins	28 mins
Chicken and bacon sandwich	445	1 hr 22 mins	42 mins
Quarter of a large pizza	449	1 hr 23 mins	43 mins
Medium hot chocolate	290	53 mins	28 mins
Cereal bar	180	30 mins	14 mins
Small fruit yoghurt	120	22 mins	8 mins
Banana	90	10 mins	5 mins
Standard chocolate bar	229	38 mins	21 mins
One serving of pasta	150	29 mins	18 mins
One medium glass of semi-skimmed milk	50	5 mins	3 mins

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Challenge

Using the food in the table, design four different meals and calculate the exercise you would need to take in order to burn off the calories from each meal. Remember to decide whether you will be running or walking or both! Show your calculations.

Meal 1	Meal 3
Meal 2	Meal 4

Which meal would be the healthiest choice?

You could also try to find out:

- if he eats anything else;
- what TV shows and films he has featured in;
- what doctors say about his health;
- how much the burgers would have cost him.