

What DOES®

2000 Calories

LOOK

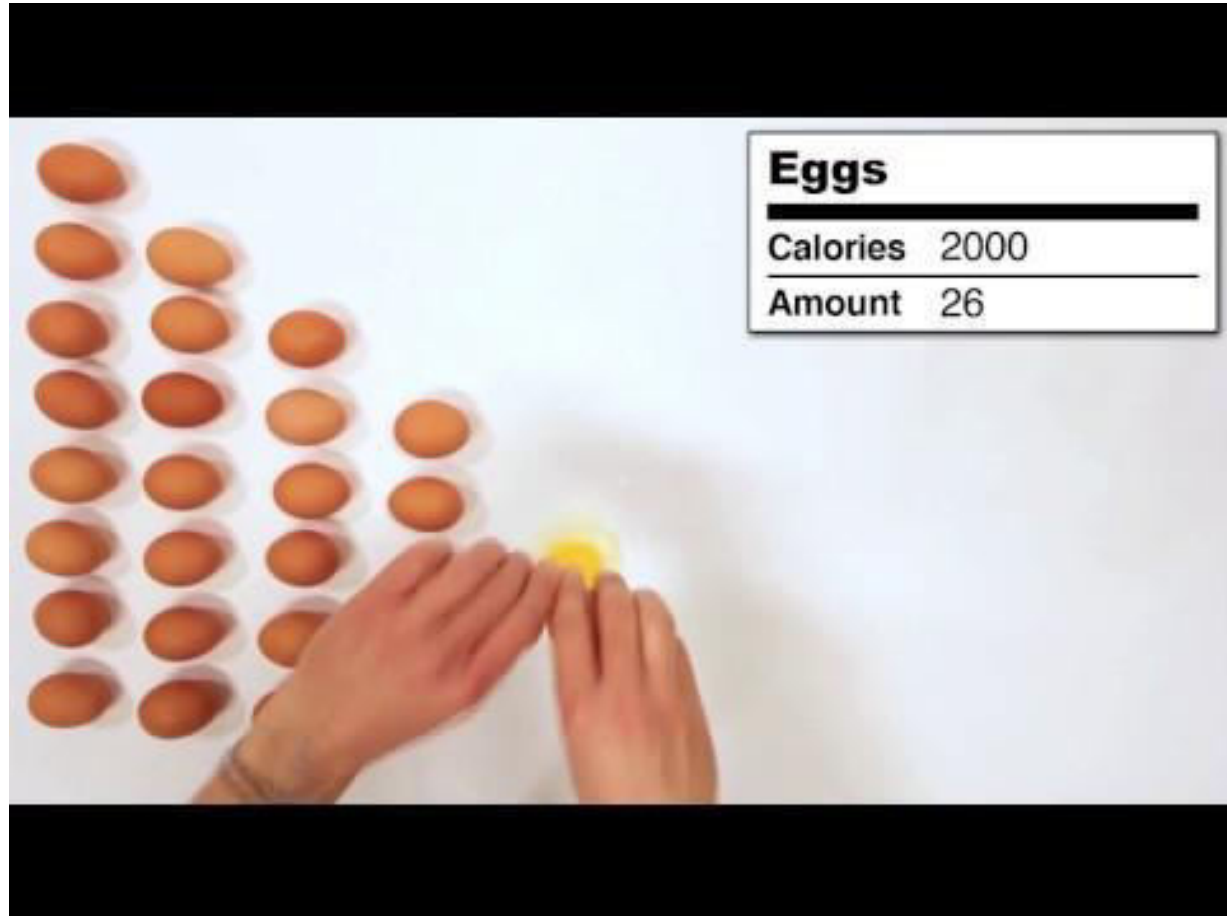
LIKE?

## **Step 1:**

Watch the video and see how many of each food are in 2000 calories.

If you can't access the embedded video click here:

[https://youtu.be/r\\_gaqwFPU7cc](https://youtu.be/r_gaqwFPU7cc)



## Mrs. Duncan - Chocolate Chip Cookie

For 2000 calories, I can have 26 cookies. My equation is  $26x = 2000$ . To solve this equation I must use inverse operations. I divide both sides by 26 and see that  $x = 76.9$ . This means each chocolate chip cookie is approximately 76.9 calories.

**Step 2:** Choose your favorite food in the video and construct an equation that will calculate the number of calories in 1 of your food choice.

Once you have an equation and the solution, submit your answer in Google Classroom. (See the example.) Once you submit your answer, you will be able to see your classmate's responses.

## HOW TO CALCULATE **YOUR** CALORIES

Basal Metabolic Rate (BMR) is the number of **calories** you would burn with NO activity.



### MEN

$$\text{BMR} = 66 + (6.23 \times \text{weight in lbs}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age})$$



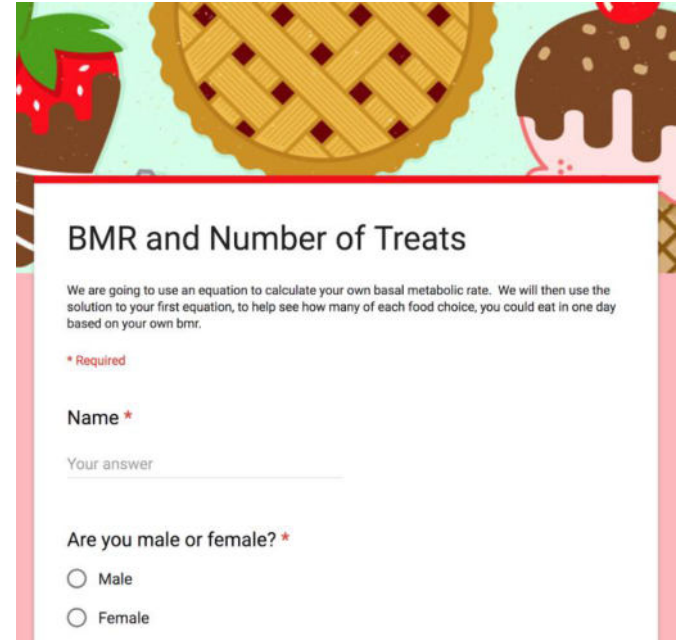
### WOMEN

$$\text{BMR} = 655 + (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age})$$

## The Challenge

How many \_\_\_\_\_ could you eat if you only wanted to eat exactly \_\_\_\_\_ calories?

**Step 3:** Calculate your BMR then construct an equation to determine how many of your food you can eat based on your personal BMR. Click on the picture to open the form.



**BMR and Number of Treats**

We are going to use an equation to calculate your own basal metabolic rate. We will then use the solution to your first equation, to help see how many of each food choice, you could eat in one day based on your own bmr.

\* Required

**Name \***

Your answer \_\_\_\_\_

**Are you male or female? \***

☐ Male






☐ Female

Note to teachers:  
[Click here](#) to make a copy of the above form. Then go to “send” and the link icon to get the link to add to the picture above.



**Send form** ✕

☐ Collect email addresses

Send via   < >   

Link

<https://docs.google.com/forms/d/e/1FAIpQLSeq8gTii0EmGuZo8CeYyzzXB8>

☐ Shorten URL

CANCEL COPY

# Extension - Time to Exercise!

- Research how many calories are burned doing your favorite activity, exercise, or sport.
- If you were to eat 10 of your food choice, how many minutes would it take you to burn off the calories from your food?
- Demonstrating your findings with the method of your choice.
  - It can be a blog post, Google Slides post, video, etc. Choose what you think will be best for you!