

EAT THE FOOD, DO THE TIME WORKSHEET

ameDate		
Use this information for a 125-	pound (57 kg) person:	
Low-intensity exercise	Moderate-intensity exercise	Vigorous exercise
7.5 kcal per min	9.4 kcal per min	11.6 kcal per min
Low-intensity exercise	ninute = <u>1.5</u> minutes of vigorous-intended in the following formulas with the food in the following formulas with the food in the following formulas of low-intensity inute = minutes of moderate-intended in the following formulas of moderate-intended in the following formulas of moderate-intended in the following formulas with the food in the food	nsity exercise needed to burn the calories is ity exercise needed to burn the calories tems that you selected. Y exercise needed to burn the calories is noticed to burn the calories.
•	nimutes of vigorous meet	nsity exercise needed to burn the calories
Low-intensity exercise calories / 7.5 kcal per n Moderate-intensity exercise calories / 9.4 kcal per m Vigorous-intensity exercise	ninute = minutes of low-intensity	vexercise needed to burn the calories sity exercise needed to burn the calories sity exercise needed to burn the calories
3. Food item and calories:		
Moderate-intensity exercisecalories / 9.4 kcal per m Vigorous-intensity exercise		vexercise needed to burn the calories Insity exercise needed to burn the calories Insity exercise needed to burn the calories

Activity 6.8 Eat the Food, Do the Time Worksheet

 $From \, NASPE, 2011, \textit{Physical Best activity guide: Middle and high school levels}, 3rd \, edition \, (Champaign, IL: Human \, Kinetics).$

EAT THE FOOD, DO THE TIME WORKSHEET (continued)

4. Food item and calories:
Low-intensity exercise calories / 7.5 kcal per minute = minutes of low-intensity exercise needed to burn the calories
Moderate-intensity exercise calories / 9.4 kcal per minute = minutes of moderate-intensity exercise needed to burn the calories Vigorous-intensity exercise calories / 11.6 kcal per minute = minutes of vigorous-intensity exercise needed to burn the calories
5. Food item and calories:
Low-intensity exercise
calories / 7.5 kcal per minute = minutes of low-intensity exercise needed to burn the calories Moderate-intensity exercise
calories / 9.4 kcal per minute = minutes of moderate-intensity exercise needed to burn the calories Vigorous-intensity exercise
calories / 11.6 kcal per minute = minutes of vigorous-intensity exercise needed to burn the calories
6. Food item and calories:
Low-intensity exercise calories / 7.5 kcal per minute = minutes of low-intensity exercise needed to burn the calories Moderate-intensity exercise
calories / 9.4 kcal per minute =minutes of moderate-intensity exercise needed to burn the calories
Vigorous-intensity exercisecalories / 11.6 kcal per minute =minutes of vigorous-intensity exercise needed to burn the calories
7. Food item and calories:
Low-intensity exercise calories / 7.5 kcal per minute = minutes of low-intensity exercise needed to burn the calories Moderate-intensity exercise
calories / 9.4 kcal per minute = minutes of moderate-intensity exercise needed to burn the calories Vigorous-intensity exercise
calories / 11.6 kcal per minute =minutes of vigorous-intensity exercise needed to burn the calories
8. Food item and calories:
Low-intensity exercise calories / 7.5 kcal per minute = minutes of low-intensity exercise needed to burn the calories Moderate-intensity exercise
calories / 9.4 kcal per minute =minutes of moderate-intensity exercise needed to burn the calories Vigorous-intensity exercise
calories / 11.6 kcal per minute = minutes of vigorous-intensity exercise needed to burn the calories