

Name: \_\_\_\_\_

# Calculating Calories

GRADES 3-5

Kids burn an average of 200 calories per hour of play.

How many 8 oz Coconut Waters do you need to drink? (Please note: Label is 8 1 oz)

## CALCULATING CALORIES:

- **Step 1:** Convert your weight in pounds to kilograms by dividing by 2. Round to the nearest whole number, if needed.
- **Step 2:** Multiply the MET value by your weight in kilograms. Use the MET value of 7.0.
- **Step 3:** Multiply the product by the time you performed the activity in hours to get the number of calories you burned.
- **Equation:**  $(\text{Weight}/2) \times 7 \times \text{number of hours}$ .

## Nutrition Facts

Real Coconut Water - From Taste Nirvana

 fl oz (224.8g)

Servings Per Container 3

**Amount Per Serving****Calories 50**

Calories from Fat 0

**% Daily Value\***

|                                |           |
|--------------------------------|-----------|
| <b>Total Fat</b> 0g            | <b>0%</b> |
| Saturated Fat 0g               | <b>0%</b> |
| Trans Fat 0g                   |           |
| <b>Cholesterol</b> 0mg         | <b>0%</b> |
| <b>Sodium</b> 50mg             | <b>2%</b> |
| <b>Total Carbohydrates</b> 13g | <b>4%</b> |
| Dietary Fiber 0g               | <b>0%</b> |
| Sugars 10g                     |           |
| <b>Protein</b> 0g              |           |
| <b>Vitamin C</b>               | <b>6%</b> |
| <b>Calcium</b>                 | <b>4%</b> |
| <b>Iron</b>                    | <b>2%</b> |

\* Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

