

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 l 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:** (Weight/2) x 7 x number of hours.

Nutrition Facts Real Coconut Water - From Taste Nirvana 8 fl oz (224.8g) Servings Per Container 3	
Amount Per Serving	
Calories 50 Calories from F	at 0
% Daily Va	lue*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrates 13g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 0g	
Vitamin C	6%
Calcium	4%
Iron	2%
* Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	





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Example: LeBron James: $250 \div 2 \times 7 \times .5$ hours = 437.5 Calories Burned

1. How many calories did you burn for 15 minutes?

2. Using the equation, how many calories will you burn if you play for 30 minutes? 1 hour?

3. Bonus: How long would it take you to burn 450 calories?