

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

Class: \_\_\_\_\_

# Calculating Calories

GRADES 6-8

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

8 fl oz (224.8g)

Servings Per Container 3

### Amount Per Serving

Calories 50	Calories from Fat 0
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% Daily Value\*

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.

