

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 | 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.

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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	
	% 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.		



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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?