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## Calculating Calories <br> 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 Ioz) answer here

## 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) $\times 7 \times$ number of hours.


## Nutrition Facts

Real Coconut Water - From Taste Nirvana
8 fl OZ ( 224.8 g )
Servings Per Container 3

| Amount Per Serving |  |
| :--- | ---: |
| Calories 50 | Calories from Fat 0 |
|  | $\%$ Daily Value |
| Total Fat 0 g | $0 \%$ |
| Saturated Fat 0g | $0 \%$ |
| Trans Fat 0 g |  |
| Cholesterol 0 mg | $0 \%$ |
| Sodium 50 mg | $\mathbf{2 \%}$ |
| 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.


# Calculating Calories 

## GRADES 6-8

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? answer here
2. Using the equation, how many calories will you burn if you play for 30 minutes? 1 hour? answer here
3. Bonus: How long would it take you to burn 450 calories? answer here
