

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

Activity \_\_\_\_\_

Chapter 1, Lesson 1

1

## Calorie Chart

Food	Calories	Food	Calories
Hot dog with bun	280	Applesauce, 1 cup	230
Hamburger with bun	370	Banana	120
Mayonnaise, 1 tbsp	110	Blackberries, 1 cup	85
Spaghetti	245	Fruit cocktail, 1 cup	195
Chocolate milk, 1 cup	190	Orange	65
Cola, 1 cup	105	Peach	40
Granola bar	145	Pear	100

**EXAMPLE**

1 peach = 40  
 1 hamburger = 370  
 2 granola bars = 145  
 145

$$40 + 370 + 145 + 145 = 700 \text{ total calories}$$

**Directions** Use the calorie chart to compute the total calorie intake.

- 1 orange  
2 peaches  
1 cup applesauce  
Total \_\_\_\_\_
- 1 cup blackberries  
2 bananas  
1 cup cola  
Total \_\_\_\_\_
- 1 hot dog  
1 cup fruit cocktail  
1 cup cola  
Total \_\_\_\_\_
- 1 hot dog  
1 tbsp mayonnaise  
1 cup cola  
Total \_\_\_\_\_
- 1 hamburger  
1 hot dog  
1 banana  
1 pear  
Total \_\_\_\_\_
- 2 cups applesauce  
spaghetti  
1 cup chocolate milk  
Total \_\_\_\_\_
- 1 cup fruit cocktail  
1 granola bar  
1 pear  
Total \_\_\_\_\_
- 1 cup fruit cocktail  
2 cups blackberries  
spaghetti  
Total \_\_\_\_\_
- 1 hot dog  
1 tbsp mayonnaise  
1 cup chocolate milk  
Total \_\_\_\_\_
- 1 cup blackberries  
1 orange  
1 granola bar  
1 cup fruit cocktail  
Total \_\_\_\_\_
- spaghetti  
2 pears  
2 colas  
Total \_\_\_\_\_
- 1 hamburger  
1 peach  
1 banana  
2 cups applesauce  
Total \_\_\_\_\_