

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

$40 + 370 + 145 + 145 = 700$ 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 _____