**GRADE 4 HEALTHY DECISIONS 18th September 2012**

**TASK 1:**

Please tick what you have eaten and drunk as a snack:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| * Handful of Raisins | * Apple | * Chocolate Wafer | * Water | * Capri Sun | * Gummibears |
| goldenraisins5 |  |  | http://www.lidl.de/media/product/0/0/1/1/9/0/2/freeway-aqua-sport-6x-0-5-l-pet-fl-regular.jpg | Picture 3 |  |
|  |  |  |  |  |  |

**TASK 2:**

Draw a line to link the foods/drinks and the amount of calories each of them contains:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 119 Calories | 53 Calories | 80 Calories | 48 Calories | 40 Calories | 82 Calories |

**TASK 3:**

Add up your total calorie intake:

Food =……. Calories

Drink =……. Calories

Total: = ………. Calories

**TASK 4:**

If a 10 minute walk will burn off 20 calories, how long do you have to walk to burn off your calorie intake? And when jogging or rope skipping?

\*Walking: 20 calories= 10 minutes …….calories = ……..minutes \* Rope skipping; 70 calories = 10 minutes

\* Jogging; 50 calories = 10 minutes …….calories = ……..minutes ………calories= …….minutes