

Name _____
Section _____
Date _____

Why calories are important *Student Sheet*

Part 1: Answer the following questions about calories.

1. What is a calorie? _____
2. How many calories do you think you consume per day? _____
3. How many calories do you think you are supposed to consume per day based on your age and sex?

4. How many calories do you think you burn per day? _____
5. How many calories do you think sled dogs burn per day during the Iditarod? _____

Part 2: Use the following website

<http://www.medindia.net/patients/calculators/daily-calorie-requirement-for-age-lifestyle.asp> to find out how many calories you are supposed to consume based on your age, sex, and activity level.

Number of calories _____

Part 3: Favorite Fast Foods - Use the following website <http://www.shapefit.com/fastfood.html>
Choose 5 favorite fast foods and find out how many calories are in the item. You must then figure out how many of those pieces of food you would have to eat to get to 10,000 calories (the amount of calories a sled dog consumes during the Iditarod).

Food #1 Calories _____

How many would a sled dog have to eat? _____

Food #2 Calories _____

How many would a sled dog have to eat? _____

Food # 3 Calories _____

How many would a sled dog have to eat? _____

Food #4 Calories _____

How many would a sled dog have to eat? _____

Food #5 Calories _____

How many would a sled dog have to eat? _____

Part 4: Diet Diary

Using the Diet Diary app record exactly what you ate and drank yesterday. You must also record any exercise you did yesterday.

Calories consumed _____

Calories burned _____

Part 5: Choose an Olympic athlete.

Use the website <http://www.olympic.org/athletes> and choose an athlete.

Athlete _____

Sport _____

Type of athlete: Endurance (running, biking, swimming), Team (basketball, soccer), Strength/power (weight-lifting, shot put), Aesthetic (gymnastics, diving), Weight class (wrestling, fencing), Other (sailing, kayaking)

Type _____

About how many calories should your athlete consume per day? _____

Part 6: Create a Prezi

The following must be included in your Prezi:

About yourself

- Number of calories you are supposed to consume
- Number of calories you actually consume
- Number of calories you burn
- Choose a food item and tell how many you would have to eat to reach your calories

About your Olympic athlete

- Name of athlete
- Sport
- Number of calories consumed per day

- Use same food item and tell how many athlete would have to eat to reach calories

About a sled dog

- Number of calories consumed per day on Iditarod
- Number of calories a 16-dog team would consume per day on the Iditarod
- Use same food item and tell how many the dog would have to eat to reach calories

You must also include pictures in your Prezi