



Student Sheet 5: How Much Exercise?

Name: _____ Date: _____ Period: _____

Choose four snacks from the vending machine or from your home and use the labels or an online search to determine how many calories are in each of these snacks.

Go to the [Calorie Control Council](#) *Get Moving! Calculator*. Choose an activity from the dropdown menu, and determine how long you would need to participate in this activity to burn off the calories from the four snacks.

	Calories	Activity	Duration
A. Drink:			
B. Fast Food:			
C. Choice:			
D. Choice:			

1. What do you think happens to excess calories (i.e., carbohydrates, fats, or protein) that are not consumed (i.e., burned) during daily physical activity and metabolism?

2. Based on your answer to question 1, do you think it is important to be aware of the number of calories that you consume daily and whether you are getting a balanced diet of carbohydrates, fats, and proteins? Why or why not?



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3. List 3 benefits of exercise for someone who is pre-diabetic or has type 2 diabetes.

4. Which snack would be a better choice? Give three reasons to support your answer.

Peanut butter and banana sandwich			Snickers Bar		
Choose an amount:			Choose an amount:		
1	▼	sandwich ▼	1	▼	bar (2 oz) ▼
+ Add to Food Tracker			+ Add to Food Tracker		
Food Info		Nutrient Info	Food Info		Nutrient Info
Nutrient	Amount	% of Daily Target or Limit	Nutrient	Amount	% of Daily Target or Limit
Total Calories	322	16% limit	Total Calories	280	14% limit
Protein	11 g	24% target	Protein	4 g	9% target
Carbohydrate	43 g	33% target	Carbohydrate	35 g	27% target
Dietary Fiber	4 g	17% target	Dietary Fiber	1 g	5% target
Total Sugars	12 g	No daily target or limit	Total Sugars	29 g	No daily target or limit
Added Sugars	3 g	6% limit	Added Sugars	25 g	50% limit
Total Fat	13 g	No daily target or limit	Total Fat	14 g	No daily target or limit
Saturated Fat	3 g	13% limit	Saturated Fat	5 g	23% limit