



Energy Balance: ENERGY IN & ENERGY OUT

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?



How to do the worksheet

Look at the meals on the next page.

- For each meal, find the ENERGY IN. Those are the calories you get from eating the meal.
- Look at the ENERGY OUT Table. It lists physical activities and the calories burned for each.
- Choose an activity for each meal. Write it in the blank.
- Figure out how long you need to do the activity to burn the calories from the meal. Write that in the blank.

Here's an example:

Let's say you have a **turkey sub meal** and you choose the **jump rope** activity.

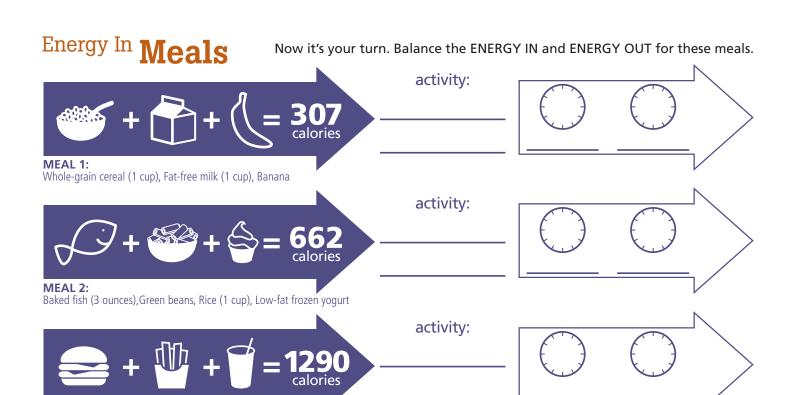
To balance ENERGY IN and ENERGY OUT, you need to burn about 750 calories.

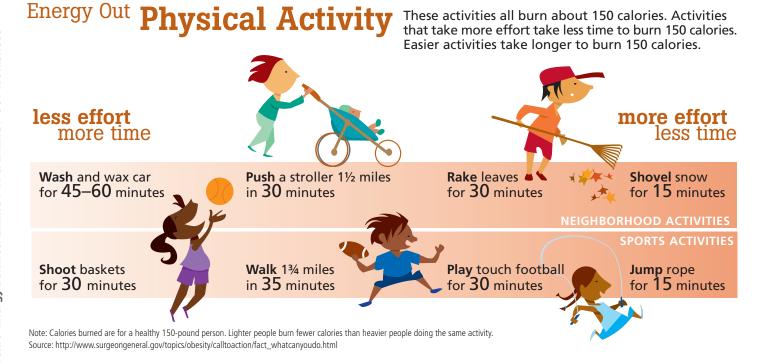
The ENERGY OUT Table says jumping rope for 15 minutes burns 150 calories.

To burn about 750 calories, you would need to jump rope for 15 minutes, 5 times—for a total of 1 hour and 15 minutes.



MEAL 3:





We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

Fast food double cheeseburger, Large french fries, Large regular soda (32 ounces)

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