



Energy For Your Activities (Part 1)

Activity adapted from the Connecticut Nutrition Education and Training Program, University of Connecticut and State Department of Education Child Nutrition Programs, 1984.

These bars show the amount of energy you use in one hour of activity.



Swimming
360



Running
320



Watching
TV 48



Bicycling
136



Walking
120



Dressing
72



Eating
56

Directions: Cut out the bars on the dotted lines. Paste them on the "Energy For Your Activities—Part 1" sheet in the order of the amount of energy used.

Energy For Your Activities (Part 2)