Calorie Calculations through Beach Activities

Summary
Students will be able to analyze and evaluate different physical activities and the calories burned in those activities thus comparing to how their caloric intake relates to their physical activity.

Main Core Tie
Food And Nutrition I
Strand 6 Standard 1

Additional Core Ties
Food And Nutrition I
Strand 6 Standard 2

Time Frame
1 class periods of 45 minutes each

Materials
Calculator, worksheet, reference sheet

Intended Learning Outcomes
Students will be able to analyze and evaluate different physical activities and the calories burned in those activities thus comparing to how their caloric intake relates to their physical activity.

Instructional Procedures
See attached lesson plan and worksheets.

Authors
Nikki Sue Larkin
KAREN NIELSON
Jaelyn Wallace