

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

[Strand 6 Standard 1](#)

Additional Core Ties

Food And Nutrition

[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](#)