

CALORIES HIGHER OR LOWER?



Company

HIGHER OR LOWER?



258 Calories

VS



??? Calories

Company

HIGHER



258 Calories

VS



346 Calories

Company

HIGHER OR LOWER?



346 Calories

VS



??? Calories

Company

HIGHER



346 Calories

VS



450 Calories

Company

HIGHER OR LOWER?



VS



450 Calories

??? Calories

Company

LOWER



VS



450 Calories

349 Calories

Company

HIGHER OR LOWER?



349 Calories

VS



??? Calories

Company

HIGHER



349 Calories

VS



465 Calories

Company

HIGHER OR LOWER?



465 Calories

VS

½ Tube



??? Calories

Company

LOWER



465 Calories

VS

½ Tube



453 Calories

Company

HIGHER OR LOWER?

1/2 Tube



453 Calories

VS

Big Mac



??? Calories

Company

HIGHER

1/2 Tube



453 Calories

VS

Big Mac



550 Calories

Company

HIGHER OR LOWER?

Big Mac



550 Calories

VS

6 Biscuits



??? Calories

Company

HIGHER

Big Mac



550 Calories

VS

6 Biscuits



558 Calories

Company

HIGHER OR LOWER?

6 Biscuits



558 Calories

VS

Billionaire's Hot Chocolate



??? Calories

Company

HIGHER

6 Biscuits



558 Calories

VS

Billionaire's Hot Chocolate



660 Calories

Company

HIGHER OR LOWER?

Billionaire's Hot Chocolate



660 Calories



Medium (8 Slices)



??? Calories

Company

HIGHER

Billionaire's Hot Chocolate



660 Calories



Medium (8 Slices)



1746 Calories

CALORIES & EXERCISE QUIZ



HOW MUCH EXERCISE TO BURN

1 Mars Bar

228 Calories



40 Mins Brisk Walk



60 Mins Brisk Walk



80 Mins Brisk Walk

HOW MUCH EXERCISE TO BURN

1 Mars Bar

228 Calories



40 Mins Brisk Walk



60 Mins Brisk Walk



80 Mins Brisk Walk

HOW MUCH EXERCISE TO BURN

**Large McDonald's
Milkshake**
459 Calories



15 Mins of Continuous Star
Jumps



30 Mins of Continuous Star
Jumps



45 Mins of Continuous Star
Jumps

HOW MUCH EXERCISE TO BURN

**Large McDonald's
Milkshake**
459 Calories



15 Mins of Continuous Star
Jumps



30 Mins of Continuous Star
Jumps



45 Mins of Continuous Star
Jumps

HOW MUCH EXERCISE TO BURN

**Magnum
Ice Cream**
239 Calories



10 Mins Cycling



30 Mins Cycling



50 Mins Cycling

HOW MUCH EXERCISE TO BURN

**Magnum
Ice Cream**
239 Calories



10 Mins Cycling



30 Mins Cycling



50 Mins Cycling

HOW MUCH EXERCISE TO BURN

**Five Guys
Cheeseburger**
830 Calories



FIVE GUYS



45 mins of Football



90 Mins of Football



120 Mins of Football

HOW MUCH EXERCISE TO BURN

Five Guys Cheeseburger

830 Calories



FIVE GUYS



45 mins of Football



90 Mins of Football



120 Mins of Football

HOW MUCH EXERCISE TO BURN

Greggs Sausage Roll

328 Calories



Climbing 7200 Stairs



Climbing 8400 Stairs



Climbing 9600 Stairs

HOW MUCH EXERCISE TO BURN

Greggs Sausage Roll

328 Calories



Climbing 7200 Stairs



Climbing 8400 Stairs



Climbing 9600 Stairs

DISCUSSION QUESTIONS



DISCUSSION QUESTIONS

- Which snacks / meals were the most surprising for calories?
- Who is guilty of eating multiple snacks in one day? Who can give any examples of a bad snack day?
- What snacks have you eaten today? How many calories in snacks have you already had?
- If you had to do 45 minutes of continuous star jumps to earn a McDonalds milkshake, would you do it? Would it be worth it?
- These snacks are all examples of food with low nutritional value. What could we replace these snacks / meals with?

THE BOYS'
BRIGADE
> the adventure begins here

