



GET ACTIVE

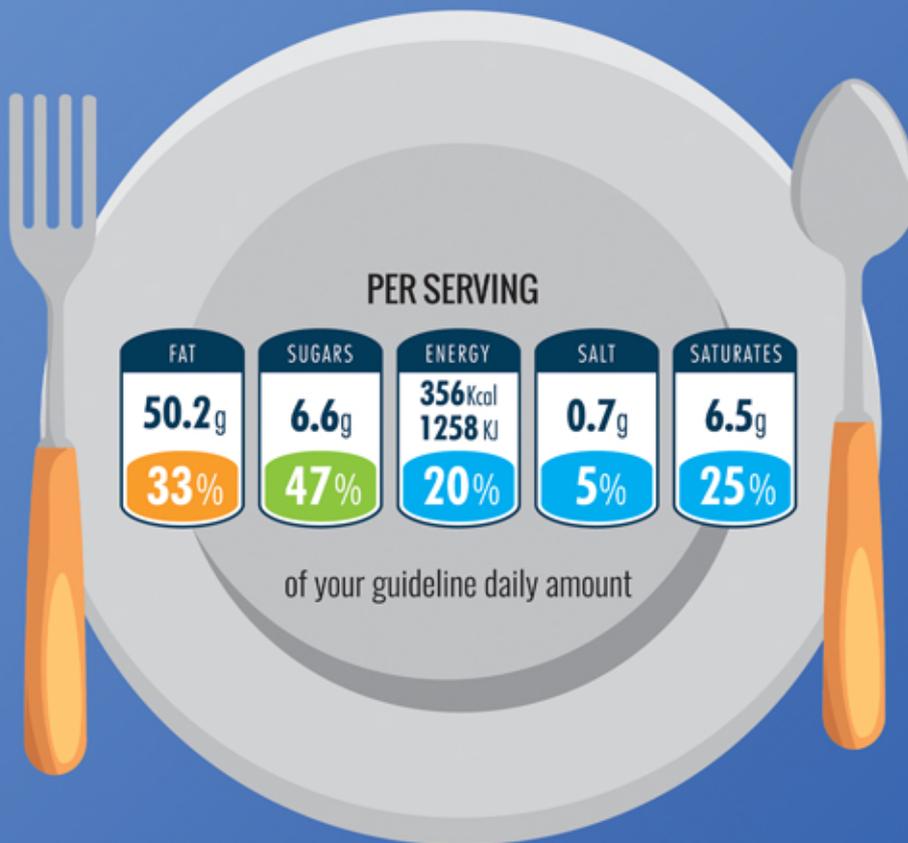


30 MINUTES



PREPARATION
NEEDED

CALORIES AND EXERCISE



AIM

Everything we eat has calories in it. But are we aware how many calories are in our favourite foods and how much exercise is needed to burn them off?

WHAT YOU'LL NEED

- Calories and Exercise PowerPoint
- Laptop / Computer
- Projector / Large TV

GET ACTIVE: CALORIES AND EXERCISE

THEME: KEEPING FIT



LEADER PREPARATION

A leader will need to download the 'Calories and Exercise' PowerPoint and have a means of showing this to the group for the activity (i.e. Projector / Large TV).



[Download Calories and Exercise PowerPoint](#)



GETTING INTO THE ACTIVITY

This activity is about exploring the amount of calories in some of our favourite junk foods and then considering how much exercise is needed to burn them off.

Calories: Higher or Lower? Challenge the group to try and identify if a snack has a higher or lower amount of calories in it than the previous snack. Are there more calories in a Krispy Kreme doughnut or a large box of KFC popcorn chicken? Complete the activity by allocating one side of the meeting space as higher and the other side of the meeting space as lower. Young people should stand where they think is correct, before a leader reveals the answer. Have some discussions around the answers, as you go through the activity.

Calories & Exercise Quiz: Now we've explored the calories in some of our favourite snacks and fast foods, take a look at just how much exercise is needed to burn them off. There are 5 questions, each with 3 options on how much exercise may be needed for the snack. Encourage young people to make their decision before revealing the answer.

Discussion Questions: Go through some/all of the discussion questions on the last slide. Dive into what surprised the group, what the group's snacking habits are and consider what better food choices we could make.



DID YOU KNOW?

- A calorie is the amount of energy in an item of food / drink.
- An average 14 year old should consume 2,300-2,600 calories.
- Recommended calorie intake changes for each individual based on their gender, age, body build, activity levels and more.
- Any calories not used, our bodies store as fat. If we do this often then over time, we can gain weight.
- Different foods have different nutritional values (i.e. good calories and bad calories).



IDEAS TO TAKE THIS FURTHER...

Complete a physical activity designed to burn off 100 calories or more. Use this as an active way of showing young people how much exercise is needed to burn off just a small amount of calories.



KEEPING EVERYONE SAFE

Discussing calories may be sensitive for any young people with eating disorders. Please consider if this may be an issue with your young people before starting the activity.