

Project Heart
Activities for the Classroom

TOOLBOX
CALORIE COUNT

Like an inch, liter, or pound, a calorie is a unit of measurement. Calories are units of energy that fuel your body. By eating and drinking calories, your heart is able to beat and your body is able to perform all of its many tasks. However, it is possible to eat too many calories. If you exceed the number of calories your body needs, you will eventually store those calories and gain weight. To use up excess calories, you must be physically active. See how many minutes of physical activity it takes to burn off the calories in these popular bakery treats.



Glazed Donut (180 cal)
= 51 mins Walking



Strawberry Frosted Donut (210 cal)
= 55 mins Dancing



Chocolate Cake Donut (290 cal)
= 46 mins Swimming



Poppyseed Muffin (210 cal)
= 53 mins Skateboarding



Bran Muffin (230 cal)
= 58 mins Canoeing



Blueberry Muffin (230 cal)
= 58 mins Digging in Sandbox



Oatmeal Raisin Cookie (65 cal)
= 33 mins Darts



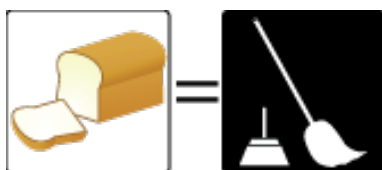
Chocolate Chip Cookie (78 cal)
= 33 mins Frisbee



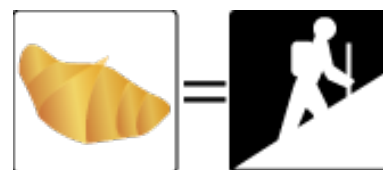
Gingerbread Cookie (160 cal)
= 51 mins Volleyball



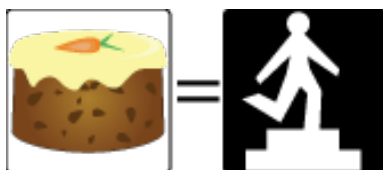
Wheat Bread Slice (78 cal)
= 33 mins Bowling



White Bread Slice (80 cal)
= 30 mins Sweeping



Croissant (272 cal)
= 49 mins Backpacking



Carrot Cake Slice (326 cal)
= 44 mins Step Aerobics



Cheesecake Slice (401 cal)
= 51 mins Karate



Chocolate
Cake Slice
(537 cal)
= 50 mins
Running