

Time to burn worksheet

It can take us a lot longer than you might think to burn off the calories eaten in a chocolate bar.

Write down your answers in the spaces as to how long you think it will take to burn up a chocolate bar doing the following activities.



| Activity | Time to burn |
|---|-------------------------|
|  Skipping | 20 minutes |
|  Bouncing on a trampoline | 18 minutes |
|  Going Swimming | 20 minutes |
|  Dancing | 30 minutes |
|  Playing a game of cricket | 32 minutes |
|  Playing football | 20 minutes |
|  Walking the dog | 50 minutes |
|  Speedy cycling | 20 minutes |
|  Watching TV | 3.5 hours / 210 minutes |



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Activity

Time to burn



Skipping



Bouncing on a trampoline



Going Swimming



Dancing



Playing a game of cricket



Playing football



Walking the dog



Speedy cycling



Watching TV

