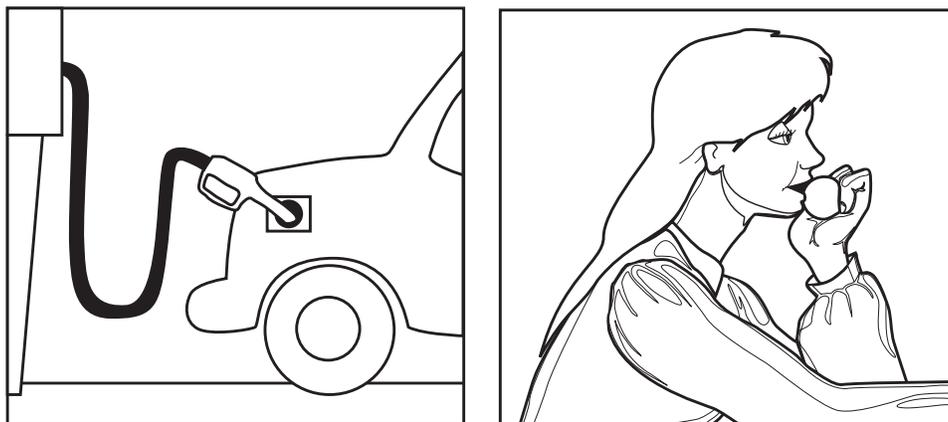


## ACTIVITY 3A:STUDENT HANDOUT

### WHAT ARE CALORIES?

A flour tortilla has 115 calories. An orange soda has 210 calories. A bowl of Cheerios™ has 80 calories. What does this mean?

Human beings are like cars in that we both need fuel to operate. Cars need gasoline, and humans need food. Cars burn gasoline to convert it into energy. Humans burn food to convert it into energy. Gasoline is measured in gallons, and food is measured in calories. A calorie is a measure of the energy supplied by foods you eat and drink.



Many people fill their cars with gasoline once a week. This gasoline sits in the tank until you start the car and begin to burn fuel. But in people the calories that are not burned are stored as fat. It is important that the number of calories we eat matches with the number of calories we burn. All our activities burn some calories (even when we sleep our heart and lungs are working which burns calories), but different activities burn different amounts of calories. The chart below shows the number of calories burned by some common activities.

ACTIVITY	CALORIES USED
(15 minutes)	
Sitting	20 – 25
Walking	60 – 75
Bicycling	90 – 115
Jogging	145 – 180
Swimming	145 – 180

USDA HG — 250

The amount of calories an individual should eat each day is partly determined by how active that individual is. A person who burns a lot of calories is described as active. A person who is inactive and burns very few calories is called sedentary. The more calories you burn the more fuel you need. However, your calorie needs are also determined by your body size, age, and gender. The following daily calorie intake suggestions are based on the recommendations of the National Academy of Sciences as reported in USDA HG Bulletin 252:

**1,600** calories/day  
is about right for  
many sedentary  
women and some  
older adults.

**2,200** calories/day  
is about right for most  
children, teenage girls,  
active women, and  
many sedentary men.  
Pregnant or breast-feeding  
women may need more.

**2,800** calories/day  
is about right for  
teenage boys, many  
active men, and some  
very active women.