**Activity Worksheet: Calories in sweet drinks - burning through exercise**

**Introduction:**

The human body needs energy for everything it does: eating, growing, playing, running, learning ... Food and drinks provide us with this energy. We measure them in kilocalories (kcal).

However, if we feed our body too much energy (by eating or drinking more than the body needs), we gain weight. If a person consumes only 100 kcal per day more than the body needs, it will gain up to approx. 5 kilograms of body fat in one year.

One way to expend the energy is through training exercises.

A glass (250 ml) of softdrink has about 125 kcal. To burn this energy, you have to

* do 250 squats or
* about 600 pushups of
* run 12 minutes at medium speed or
* do 12 minutes of continuous skipping or
* swim for 21 minute in moderate style or
* play football for 17 minutes or
* walk for 28 minutes

**Target group:** primary schools, secundary schools

**Learning goals:** students experience how long they have to jump rope to burn the energy that 1 glass of sugar sweetened soft drink.

**Time needed:** 15 minutes

**Tools and materials needed:**

* Skipping ropes
* Clock or mobile phone with timer

**What to do:**

Through exercise, you can burn calories.

Strain yourself:

* A glass (250 ml) of softdrink has about 125 kcal.
* For this you have to jump rope **for 12 minutes**!
* For a small bottle softdrink (500 ml) even twice as long!

Water has no calories. Anyone who has drunk water is allowed to rest.

**Hungry Minds:**

Energy usage for physical activities: <https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>, <https://www.gesundheit.gv.at/leben/bewegung/koerpergewicht/abnehmen> (in German)