

NAME: _____

STUDENT WORKSHEET

PROBLEM 2: ROBERT

Robert rode his bike to and from school twice this week. His parents drove him three days. On the days he biked, Robert played softball with friends after school. When he got a ride, he played computer games. On the weekend, Robert went hiking with his father one day and played on his computer one day. On the days that Robert played computer games, he burned 1,800 calories. On the days he played softball, he burned 2,500 calories. On the day he went hiking, he burned 2,800 calories. Each weekday, Robert consumed 2,200 calories. On the weekend, he consumed 2,500 calories each day.

- A) How many calories did Robert consume this week?

- B) How many calories did Robert burn this week?

- C) Did Robert gain or lose weight? How much?

PROBLEM 3: COMPARISON

- A) In a 40-week school year, how much will Robert have gained?

- B) In a 40-week school year, how much will Angie have lost?

- C) What can Robert learn from Angie?

TEACHER'S KEY:

FEEL THE BURN

Fact: A calorie is a measurement of energy. Calories are burned through physical exercise. Calories are consumed from food.

Fact: In order to lose weight, you must burn more calories than you consume.

Fact: 3,500 calories = 1 pound. If you burn 3,500 calories, you lose a pound. If you consume 3,500 calories, you gain a pound.

Problem 1: Angie

Angie walked to and from school all five school days this week. She also played soccer at recess three days this week and played basketball on the other two school days and on Saturday and Sunday. Angie burned a total of 2,200 calories on the days she played basketball, and 2,500 calories on the days she played soccer. Each day, Angie consumed 1,800 calories.

- A) How many calories did Angie consume this week?
12,600
- B) How many calories did Angie burn this week?
16,300
- C) Did Angie gain or lose weight? How much?
Angie lost. By burning 3,700 calories, Angie lost 1.06 pounds.

Problem 2: Robert

Robert rode his bike to and from school twice this week. His parents drove him three days. On the days he biked, Robert played softball with friends after school. When he got a ride, he played computer games. On the weekend, Robert went hiking with his father one day and played on his computer one day. On the days that Robert played computer games, he burned 1,800 calories. On the days he played softball, he burned 2,500 calories. On the day he went hiking, he burned 2,800 calories. Each weekday, Robert consumed 2,200 calories. On the weekend, he consumed 2,500 calories each day.

- A) How many calories did Robert consume this week?
16,000
- B) How many calories did Robert burn this week?
15,000
- C) Did Robert gain or lose weight? How much?
Robert consumed more calories than he burned, so he gained 0.29 pounds.

Problem 3: Comparison

- A) In a 40-week school year, how much will Robert have gained?
11.6 pounds
- B) In a 40-week school year, how much will Angie have lost?
42.4 pounds
- C) What can Robert learn from Angie?
Consuming fewer calories and being more active is the only way to lose weight!