## Test Your Knowledge-Calorie Burn

Using the calorie difference from the Food Activity; can you guess how long it would take for each activity, for you to burn the extra calories?

| Calories to burn | Activity | How long would it take? |
| :---: | :---: | :---: |
| 290 | Vacuuming | _ minutes |
| 400 | Walking the dog | _ minutes |
| 220 | Washing the car | _ minutes |
| 210 | Raking leaves | _ minutes |
| 305 | Lifting weights | _ minutes |
| 525 | Cleaning the house | _ minutes |
| 165 | Gardening | _ minutes |

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