

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 |