

CALORIE PROJECT

Name: _____

Due Date: _____

Preparation:

For _____ consecutive days, starting on _____, _____ and ending on _____, _____, keep a record of all foods eaten and all activities engaged in during that time. Find the amount of calories each food item is worth and record that information. At the end of each day, calculate the TOTAL number of calories consumed and record that number. (This will be positive number.) Also, each day, for each activity, calculate and record the amount of calories burned. Calculate the TOTAL number of calories burned each day and record that number. (This will be a negative number.) Calculate the daily NET RESULT. (This could be a positive or a negative number.) Keep accurate and complete records for each day.

Project:

The final project must include the following:

1. Collage: favorite foods and activities (minimum size 8 ½ inches by 11 inches)
2. Calculations: use provided worksheets
3. Graph: daily net results

Assessment:

Your final grade will be based on the following:

- 10 Points: following specific directions
- 50 Points: accurate calculations
- 25 Points: graph
- 10 Points: collage
- 5 points: neatness
- 100 points: TOTAL