

REMOTE RANGERS



Calorie Count

Game Time – Week 7

One of the common challenges many guys face when they're restricted in their activities is balancing the food they eat with their level of physical activity. A common habit is to play a lot of video games or watch movies, and spend a lot of time sitting around the house snacking on something. This lack of physical activity, coupled with frequent snacking, can lead to an unhealthy physical condition. This game will help to make us more aware of the food we eat and the impact it has on our physical health.

Nine (9) food items are shown below, as well as nine (9) numbers representing the calories each item produces. The calories shown here represent a single serving of each item, taken from the nutritional information for each product available online at Walmart.com.

Match the calorie numbers below with the food item to identify the correct calorie counts for each item.

CALORIES PER SERVING:

- | | | |
|-----------------|-----------------|-----------------|
| A. 250 calories | D. 35 calories | G. 240 calories |
| B. 380 calories | E. 160 calories | H. 64 calories |
| C. 150 calories | F. 270 calories | I. 150 calories |



FOOD ITEMS:

		
<p>Red Baron Pizza ¼ pizza Calories: _____</p>	<p>Coca Cola Classic 12 oz can Calories: _____</p>	<p>Cool Ranch Doritos About 12 chips Calories: _____</p>
		
<p>Klondike Krunch Bar 4.5 oz bar Calories: _____</p>	<p>BF Baby Cut Carrots 2/3 cup Calories: _____</p>	<p>Orville R. Popcorn 1/3 bag Calories: _____</p>
		
<p>Little Debbie Swiss Rolls 2-roll pack Calories: _____</p>	<p>Red Delicious Apple Aprox. 3" Calories: _____</p>	<p>Snickers Candy Bar 1.86 oz bar Calories: _____</p>

ANSWER KEY – CALORIES PER SERVING:

1. Red Baron Pepperoni Pizza 380 calories
2. Coke 12 oz can 150 calories
3. Doritos, 12 chips 150 calories
4. Klondyke Krunch ice cream bar, 4.5 oz..... 240 calories
5. Carrot sticks 35 calories
6. Popcorn with butter..... 160 calories
7. Swiss rolls..... 270 calories
8. Apple, red delicious, 3” 64 calories
9. Snickers bar..... 250 calories

SPECIAL NOTE: Recommended daily calorie intake varies by age, gender, and level of activity. Recommended levels can be found online at Health.gov.