Intro to Nutrition:

You have a snack from home. Using your prior knowledge, answer the following questions.

* What does your food label mean to you?
* What are calories?
* Is your snack empty calories? What does this mean?
* What caloric intake is the nutritional information based on?
* Does everyone take in the same caloric intake? Provide 3 examples of your answer
* How do you know how much you should be eating a day?
* What is a serving size?

Using the iPad

* How many stairs, jumping jacks, time swimming, time cutting the grass with a push mower, and days with out food do you have to do to burn off your snack?