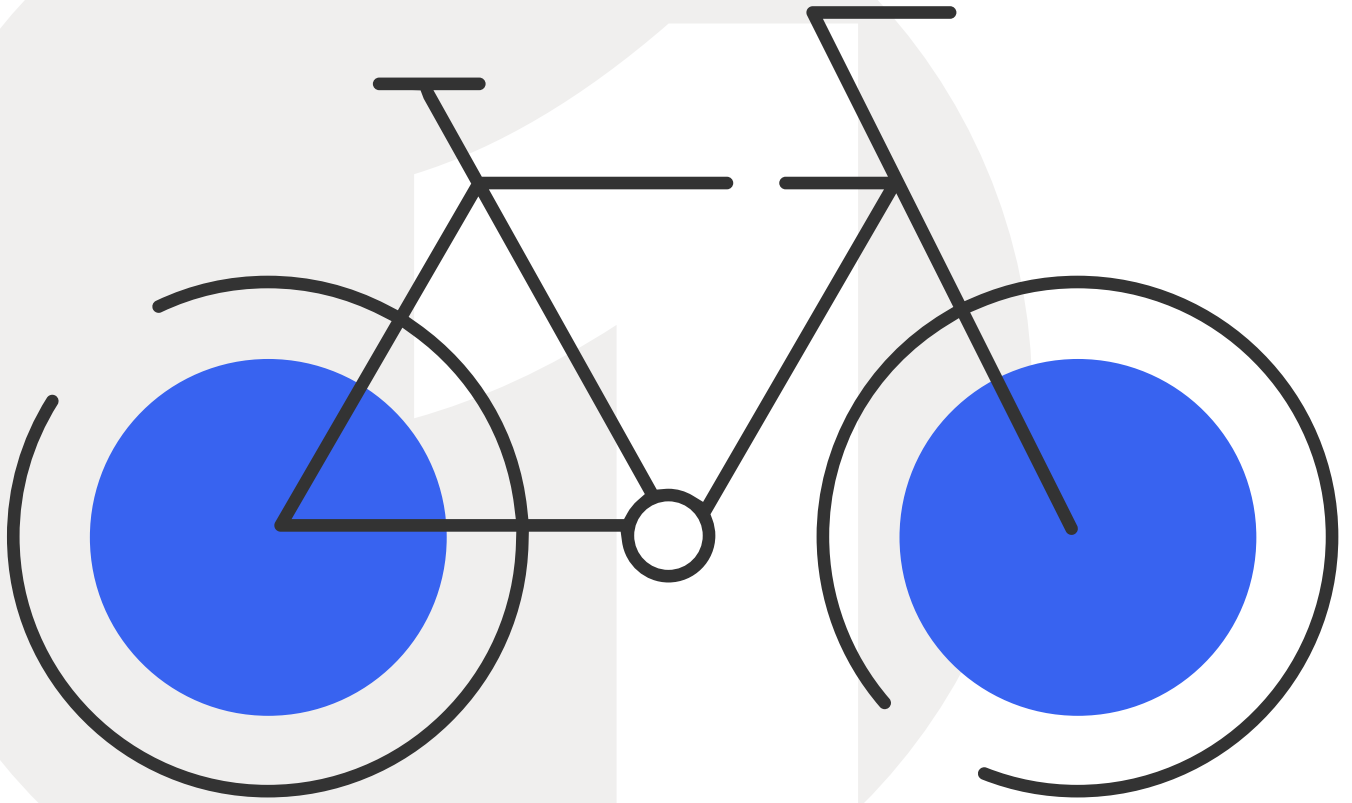


# No. 1



Sugary drinks often have lots of calories. By some estimates, to burn off the calories from one 12-ounce can of soda, a 75-pound child would need to ride a bicycle at a fast pace for about 30 minutes. It could take a 150-pound adult about 25 minutes of walking at a moderate pace to burn off the same amount of calories.



# No. 1

## Directions:

Invite students to name events in their day that last 30 minutes, such as their lunch break, recess time, or an episode of their favorite television show. Lead students to understand that one event equals the amount of time needed for a child to bike off the calories in just one soda.