

Which Activity Burns the Most Calories?



- ① The amount of energy a food will produce when it is digested by the body is measured in a unit called the **calorie**.

The table shows the number of calories used per minute and per hour by the average sixth grader in Oakwood Junior High for various everyday activities. Complete the table. Use the information for Problems 2–3.

Calorie Use by the Average Sixth Grader		
Activity	Calories/Minute	Calories/Hour
Sleeping	0.7	42
Studying, Writing, Sitting	1.2	
Standing	1.3	
Dressing, Undressing		90
Watching TV	1.0	
Eating, Talking		72

- ② Kori spent 2 hours and 25 minutes doing one of the listed activities. He burned 145 calories. Which activity was he doing? _____
- ③ Kori sleeps about $8\frac{1}{2}$ hours per night and spends about 7 hours each school day eating, talking, and sitting. Does he burn more calories sleeping or at school? Explain.
- _____
- _____
- ④ On Monday Edgar ran for 29 minutes and burned 270 calories. On Wednesday he biked for 25 minutes and burned 207 calories. On Friday he played soccer for 13 minutes and burned 124 calories. Which activity burns the most calories per minute? Explain how you know.
- _____
- _____
- _____

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Practice Find the LCM.

- ⑤ LCM (12, 48) = _____ ⑥ LCM (14, 21) = _____ ⑦ LCM (8, 25) = _____