

## [34] BURN OFF AN EXTRA CHOCOLATE BAR



HOW MANY  
CAN TAKE PART

1+

WHERE CAN THE ACTIVITY BE PLAYED



HOME



GARDEN



STREET



PARK

WHAT DO THEY NEED

- Laptop or Smartphone with internet access
- Go to the website:  
**<https://www.wcrf-uk.org/uk/here-help/health-tools/exercise-calorie-calculator>**
- Or scan QR code:



HOW TO SET UP



HOW TO PLAY

Everyone has a favourite snack... but what happens if you eat too much?

1. Have a look at the snack wrapper to see how many calories it contains.
2. Find this website **<https://www.wcrf-uk.org/uk/here-help/health-tools/exercise-calorie-calculator>** or scan the QR code above. Enter your weight, and the calories in the snack.
3. Click on the activities, to see how long you have to be active in order to burn the calories!

STAY SAFE

When using the internet you **must ask for parental permission first.**

Using an app on the internet to find out specific information and using it to think about life style choices... and make changes if necessary.  
Can be extended by creating a chart or poster of their findings.

