

 **Investigate! A Day in the Life of a  
Middle Schooler!**  
**LAB INSTRUCTIONS**

You will look at approximate calorie intake and calories burned during one school day. By adding positive and negative numbers, you will decide if intake and output of calories are equal. If they are not equal, you will decide how to change your diet and/or activity level.

1. Look at the chart “A Day in the Life of a Middle Schooler.” This should be comparable to your school day. Follow the trail from waking in the morning to going to bed at night. (Notice – You should have a minimum of 8 hours of sleep. Most teenagers actually need more sleep than this.)
2. Combine the amount of calories eaten and those burned (add positive and negative numbers).
  - If the answer is zero, the number of calories consumed is the same as the number of calories that you burned. This is how you maintain your present weight.
  - If the answer is a negative number, you burned more calories than you consumed. If you continue doing this, you will lose weight.
  - If the answer is a positive number, you consumed more calories than you burned. If you continue to do this, you will gain weight.
3. If your answer is positive or negative, discuss how you could change the student’s diet or amount of activity to help him maintain his present weight.

**Read and discuss your Key Concepts!**

What did you find out about the amount of exercise needed as compared to the number of calories you intake?

Be sure to write what you have learned and stamp your  
*Passport to Good Health!*



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(calories burned are based on 125-174 pound person)

5:30 AM  
awake after  
8 hrs. sleep;  
while sleeping burn  
10 cal/10 min.  
**- 480 calories**

6:00 AM  
shower, dress; burn  
26 cal/10 min.  
**- 78 calories**

6:15 AM breakfast  
eat 2 pancakes,  
2 strips bacon,  
butter, syrup,  
orange juice, milk  
**+ 793 calories**

12:15 Lunch – hamburger,  
potato rounds, fruit cup,  
chocolate cake, milk  
**+ 1111 calories**

11:00 AM – 12:15 PM  
physical education –  
play basketball - burn  
58cal/10 min.  
**- 435 calories**

7:00 AM – 11:00 AM  
school – burn  
25 cal/10 min.  
**-600 calories**

12:30 PM – 2:30 PM  
school – burn  
25 cal/10 min.  
**- 300 calories**

2:45 PM  
snack - yogurt,  
graham crackers  
**+ 337 calories**

3:00 PM – 4:00 PM  
after school activity  
bicycling, dance,  
swim – burn  
42 cal/10 min.  
**-252 calories**

5:30 PM dinner  
red beans and rice, sausage,  
greens, cantaloupe, cola  
**+ 747 calories**

4:00 PM – 5:30 PM  
homework – burn  
12 cal/min.  
**- 108 calories**

6:00 PM – 9:30 PM  
TV, computer, or video games  
burn 10 cal/10 min.  
**-210 calories**

9:30 PM  
bedtime