

Questions

1. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 1:

The amount of calories we use an hour depends on the activity we do.

- A. True
- B. False
2. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 2:

When we are resting we don't burn calories.

- A. True
- B. False

3. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 3:

Reading uses as many calories as writing.

- A. True
- B. False
4. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 4:

The calories we burn for eating and washing up are the same.

- A. True
- B. False
5. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and

having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 5:

Sunbathing uses more calories than driving.

- A. True
 - B. False
6. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 6:

Having a shower uses only 100 calories an hour.

- A. True
 - B. False
7. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and

playing football.

Question 7:

Walking is very light activity.

A. True

B. False

8. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 8:

Cycling and dancing use the same amount of calories.

A. True

B. False

9. How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 9:

Horse riding uses the most amount of calories.

A. True

B. False

- 10.** How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. These include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

Question 10:

Playing football uses fewer calories than swimming.

A. True

B. False