

# Food Card



## **small apple**

**55 Calories**

Many of the vitamins  
in apples are in the skin,  
or peel.

# BE IN BALANCE

# Activity Card



**walking**  
**55 Calories**

# BE IN BALANCE

# Food Card



**extra crunchy  
chicken  
sandwich  
with sauce**  
**510 Calories**

# BE IN BALANCE

# Activity Card



**soccer**  
**510 Calories**

# BE IN BALANCE



# Food Card



**large order of  
french fries**

**560 Calories**

# BE IN BALANCE

# Activity Card



## walking

### 560 Calories

Walking the length of a football field uses the number of calories in one M&M candy.

# BE IN BALANCE

# Food Card



**1 cup carrots**  
**50 Calories**

# BE IN BALANCE

# Activity Card



## **team handball**

### **50 Calories**

Team handball is the second most popular sport in the world.

# BE IN BALANCE



## Food Card



**medium  
vegetable  
burrito**  
**245 Calories**

# BE IN BALANCE

# Activity Card



## **skateboarding**

### **245 Calories**

Skateboarding is America's sixth largest sport.

# BE IN BALANCE

# Food Card



**small potato  
with  
1 teaspoon  
of butter**

**162 Calories**

In 1995, potatoes became the first crop to be grown by NASA in space.

# BE IN BALANCE

# Activity Card



**washing a car**  
**162 Calories**

# BE IN BALANCE



## Food Card



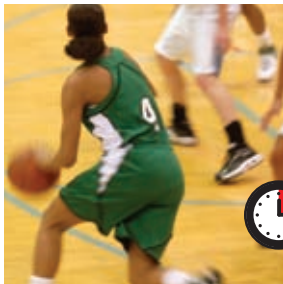
# medium bowl of vegetable soup

**120 Calories**

Americans consume  
more than 10 billion bowls  
of soup every year.

# BE IN BALANCE

# Activity Card



**basketball**  
**120 Calories**

# BE IN BALANCE

## Food Card



**medium peanut  
butter and jelly  
sandwich**

**375 Calories**

# BE IN BALANCE

# Activity Card



## **swimming laps**

**375 Calories**

The longest swim ever was 2,360 miles down the entire length of the Mississippi River. It took 68 days.

# BE IN BALANCE



# Food Card



**1 cup**  
**fresh fruit**  
**98 Calories**

# BE IN BALANCE

# Activity Card



## **jumping rope** **98 Calories**

Fusion routines are very popular at the National Double Dutch League Tournament.

# BE IN BALANCE

## Food Card



**small low fat,  
soft-serve vanilla  
ice cream cone**

**216 Calories**

Ice cream has been a dessert since Roman times.

# BE IN BALANCE

# Activity Card



**walking**  
**216 Calories**

# BE IN BALANCE



# Food Card



**medium chewy  
granola bar**  
**125 Calories**

# BE IN BALANCE

# Activity Card



## **dancing** **125 Calories**

There are hundreds of dance styles and people of all cultures dance.

# BE IN BALANCE

# Food Card



## **medium hard shell beef taco**

**285 Calories**

Tacos and tortillas have been around for more than 7,000 years.

# BE IN BALANCE

# Activity Card



**walking**  
**285 Calories**

# BE IN BALANCE



## Food Card



**1 cup  
mashed  
potatoes  
and gravy**  
**400 Calories**

# BE IN BALANCE

# Activity Card



## walking

### 400 Calories

Race walking has been an Olympic sport since 1904.

# BE IN BALANCE

## Food Card



**large nachos  
and extra  
cheese**  
**900 Calories**

# BE IN BALANCE

# Activity Card



## walking

### 900 Calories

Walking is the most popular physical activity.

# BE IN BALANCE



# Food Card



## **king size chocolate candy bar** **400 Calories**

Cortez, the explorer, brought chocolate from the Aztecs back with him to Spain in 1529.

# BE IN BALANCE

# Activity Card



**walking**  
**400 Calories**

# BE IN BALANCE

## Food Card



# large strawberry milkshake

**890 Calories**

The largest milkshake was created in New York in 2000. It measured 6,000 gallons.

# BE IN BALANCE

# Activity Card



**swimming laps**  
**890 Calories**

# BE IN BALANCE



## Food Card



# large chocolate fudge nut brownie

**540 Calories**

The first published recipe for brownies appeared in 1897.

# BE IN BALANCE

# Activity Card



**vacuuming**  
**540 Calories**

# BE IN BALANCE

# Food Card



## **small slice of pizza**

**206 Calories**

In the US, there are about  
61,269 pizza parlors.

# BE IN BALANCE

# Activity Card



**hiking**  
**206 Calories**

# BE IN BALANCE



# Food Card



**large  
ice cream  
bar**

**260 Calories**

# BE IN BALANCE

# Activity Card



**kick boxing**  
**260 Calories**

# BE IN BALANCE

# Food Card



## **large glazed donut**

**330 Calories**

The world's largest donut weighed 5,000 pounds and was the size of half a football field.

# BE IN BALANCE

# Activity Card



**FLOW**  
**330 Calories**

# BE IN BALANCE



**Out  
of  
BALANCE  
Card**

# BE IN BALANCE