

How can you use energy from food?

Walking up one flight of stairs burns off 5 kcalories. Canary Wharf Tower in London is the tallest building in the UK and has 50 flights of stairs.

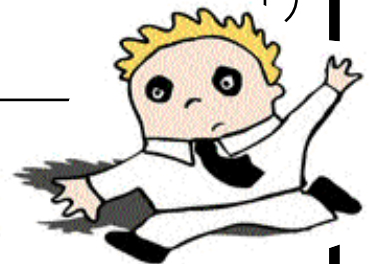
If you were fueled by 500 kcalories, how many times could you climb Canary Wharf Tower?

Fatty foods are a rich source of energy, which is measured in kilocalories (kcalories). A fatty double burger in a bun from a fast food restaurant can provide a massive 500 kcalories – much of it from fat. If you don't want to store this as body fat you need to use it up by doing some exercise. But you'd need to do a lot. Find out how much on this page.

Dancing really hard burns off 170 kcalories in 20 minutes. How long would you have to dance to use up 500 kcalories?

Doing school work at a desk uses 75 kcalories an hour. How long would you have to work to burn off 500 kcalories?

Talking on the phone burns off 8 kcalories an hour. How long would you have to talk to burn off 500 kcalories?



Playing football can use 140 kcalories in 20 minutes. How long would you have to play football to burn off 500 kcalories?

