

Food for Fuel - Teacher Resource

Food Type	Approx. Calories	Walking (Medium Walk 3-5mph)	Running (Slow Run 5mph)
 Large Pizza 1 Quarter Slice	449	1hr & 23mins	43mins
 Single Sandwich (Chicken/ Bacon)	445	1hr & 22mins	42mins
 Iced Cinnamon Roll	420	1hr & 17mins	40mins
 Fries (Medium)	380	1hr & 10mins	35mins
 Mocha Coffee (Medium)	290	53mins	28mins
 Blueberry Muffin	265	48mins	25mins
 Chocolate Bar (58g)	229	42mins	22mins
 Cereal (1 Bowl)	172	31mins	16mins
 Crisps (35g Packet)	171	31mins	16mins
 Sugary Soft Drink (330ml Can)	138	26mins	13mins