**YEAR 4 - BURN IT OFF!**

**Calories/sugar intake**

A bottle of coke - 210 calories/39g sugar

A Mars bar - 260 calories/34.6g sugar

A Big Mac - 550 calories/9g sugar

Sweet chilli crisps - 225calories /18g sugar

**Calories burned per 10 minutes**

* Skipping - 100
* Walking - 25
* Step-ups - 86
* Playing football - 70
* Jogging - 75