

Chapt-6 Lesson 7 Using Calories:

Adult: average to live uses
1,400 to 1650 calories each day.

see pg 154 chart

• solve EXA
w/ class

Using proportion to find how many
calories are burned during various
lengths of time than 1 hour.

(ex 1) Walks briskly 45 min.
How many calories does she burn?

Step 1

$$\frac{\text{minutes} \rightarrow}{\text{calories} \rightarrow} = \frac{\cancel{60}}{250} = \frac{45 \text{ min}}{(\cancel{X})} \text{ — unknown}$$

↑
from graph
pg 154

Step 2 Change time to minutes

$$\frac{60}{250} = \frac{45}{x}$$

$$\underline{\underline{60 \text{ min} = 1 \text{ hr}}}$$

Step 3 solve

$$\left(\frac{60}{250} = \frac{45}{x} \right)$$
$$\frac{60x}{\div 60} = \frac{11,250}{\div 60}$$

$$x = 188 \text{ Calories}$$