

# Counting Calories

Calories in the foods you eat supply your body with energy. To stay in good shape, people need different amounts of calories each day. Look at this chart. How many calories should you eat every day?

Age	Girls	Boys
11-14 years old .....	2300 calories .....	2800 calories
15-18 years old .....	2300 calories .....	3000 calories
19-22 years old .....	2000 calories .....	3000 calories

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## Part 1. Add to find the total calories in each meal.

1. toast and butter ..... 160  
fried egg ..... 100  
tomato juice ..... 25  
milk ..... 165  
TOTAL calories: \_\_\_\_\_

2. plain yogurt ..... 120  
banana ..... 100  
black coffee ..... 0  
TOTAL calories: \_\_\_\_\_

3. chicken salad ..... 175  
corn muffin ..... 155  
1 tomato ..... 30  
skim milk ..... 90  
tangerine ..... 40  
TOTAL calories: \_\_\_\_\_

4. hamburger ..... 370  
French fries ..... 155  
milkshake ..... 520  
TOTAL calories: \_\_\_\_\_

5. pork chop ..... 130  
lima beans ..... 75  
applesauce ..... 90  
milk ..... 165  
sherbet ..... 120  
TOTAL calories: \_\_\_\_\_

6. chicken potpie ..... 485  
green salad ..... 110  
ginger ale ..... 80  
baked apple ..... 160  
TOTAL calories: \_\_\_\_\_

## Part 2. Use your answers above to do these problems.

7. Which meal has the highest total calories? Meal # \_\_\_\_\_
8. Which meal has the lowest total calories? Meal # \_\_\_\_\_
9. Carla is 14 years old. On Tuesday, she ate meals #1 and #4 and #6.  
Did those meals provide enough calories for a girl her age? \_\_\_\_\_
10. Mark is 17 years old. He ate meals #2 and #3 and #5.  
For a boy his age, did Mark get too few or too many calories? \_\_\_\_\_