

Energy Balance Food Cards



Each food card and activity card has a number on it. Foods with higher numbers provide more energy. Activities with higher numbers require or use more energy.

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

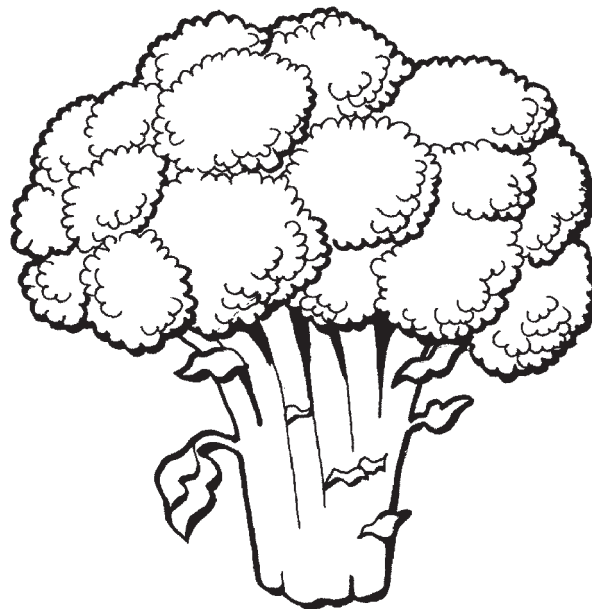
Unit 1, Lesson 10

1 Carrots



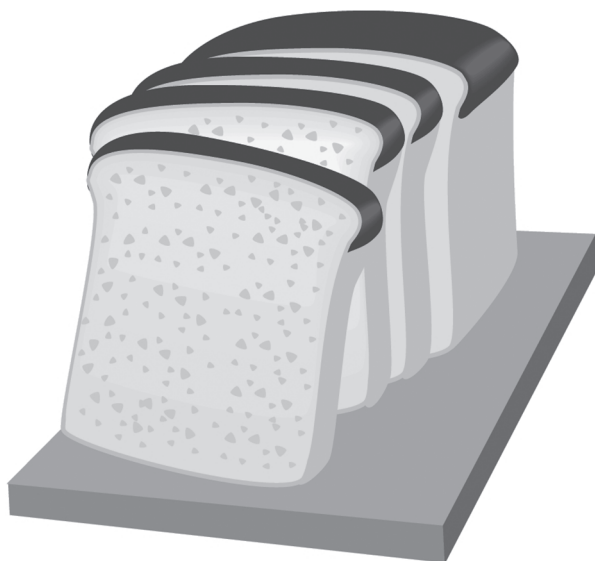
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

1 Broccoli



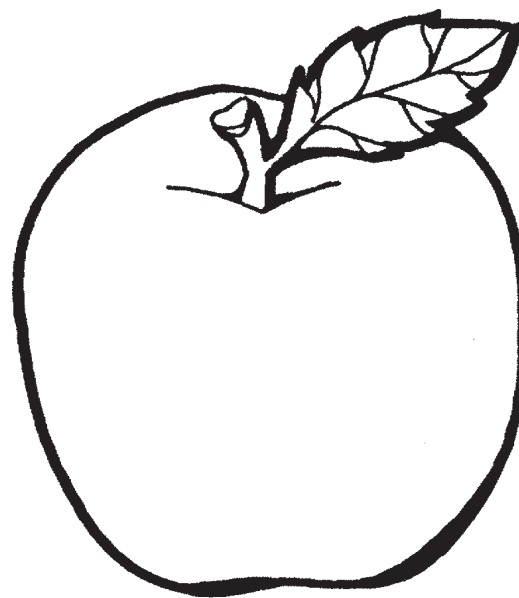
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

2 One slice of whole-wheat bread



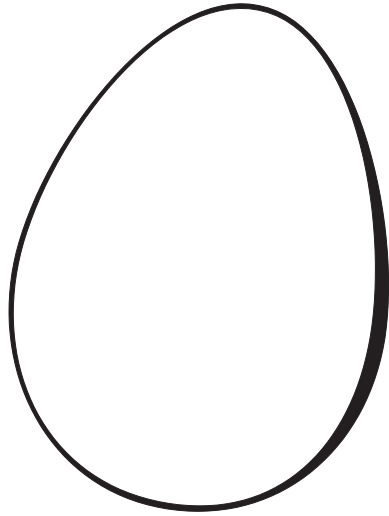
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

2 Apple



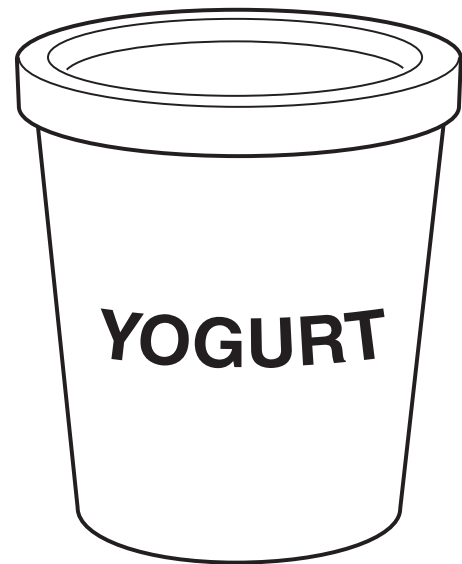
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

3 One egg



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4 Yogurt



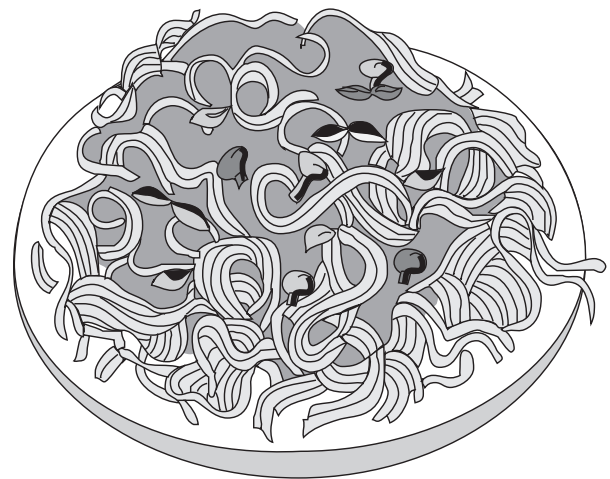
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4 Low-fat milk



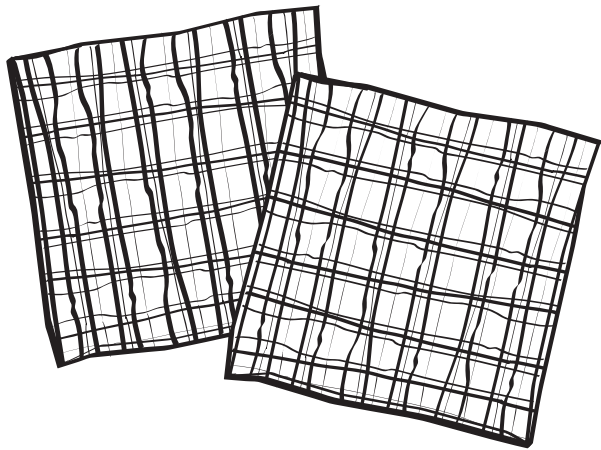
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

5 Pasta



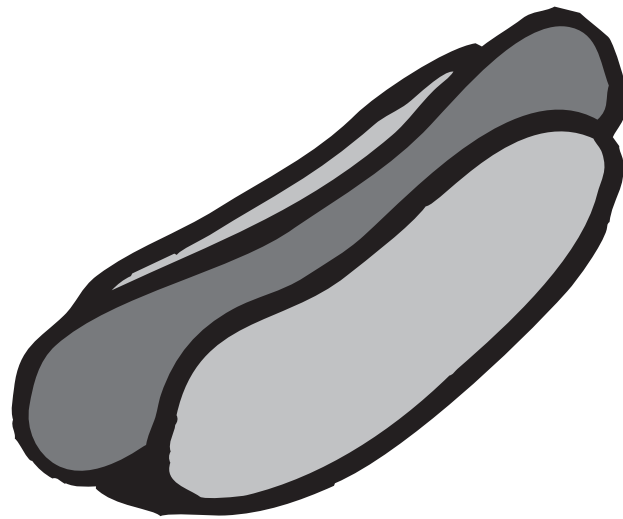
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5 Crackers



From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

6 Hot dog



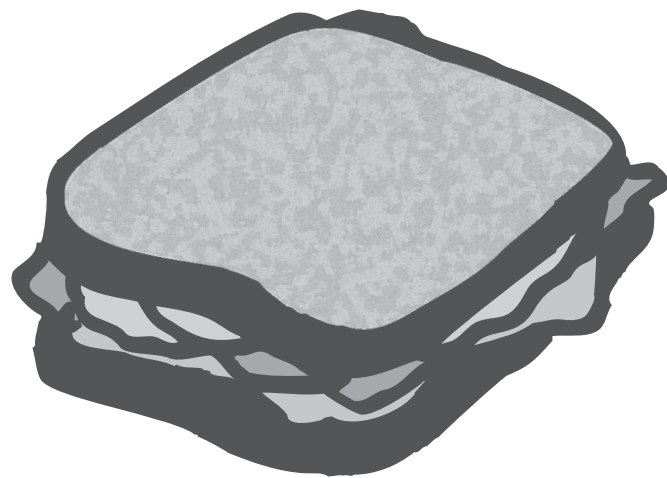
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7 Chicken nuggets



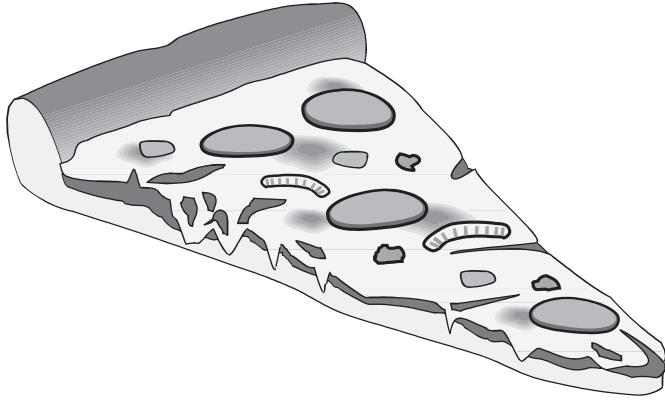
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7 Peanut butter and jelly sandwich



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8 Pizza slice



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