



# Energy Balance Activity Cards

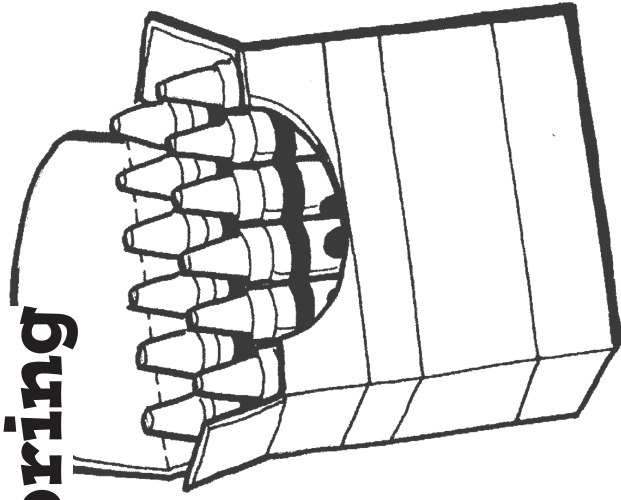


Each food card and activity card has a number on it. Foods with higher numbers provide more energy. Activities with higher numbers require or use more energy.

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

## 2 Coloring



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 Sleeping



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 Watching TV



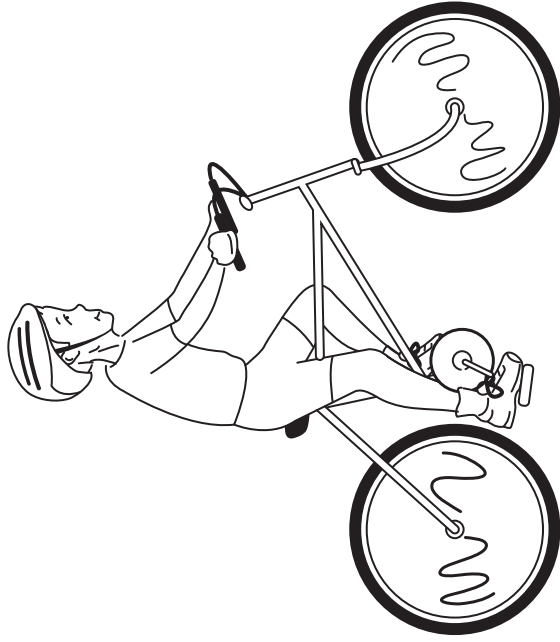
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

## 1 Reading



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

## 4 Biking



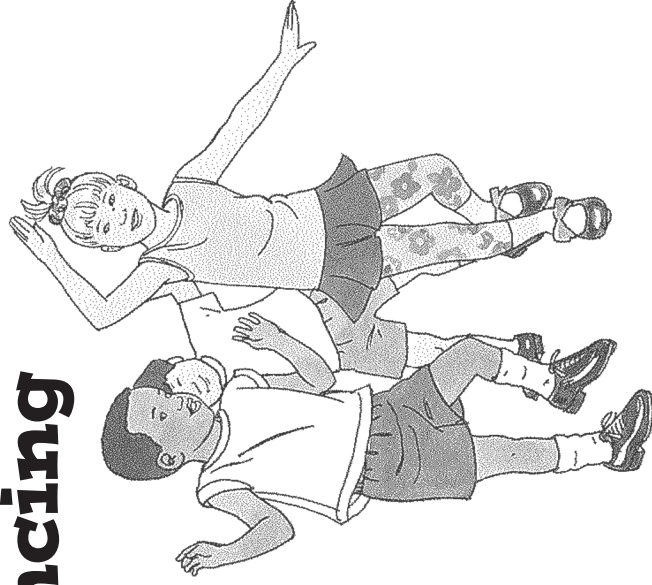
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

## 3 Walking



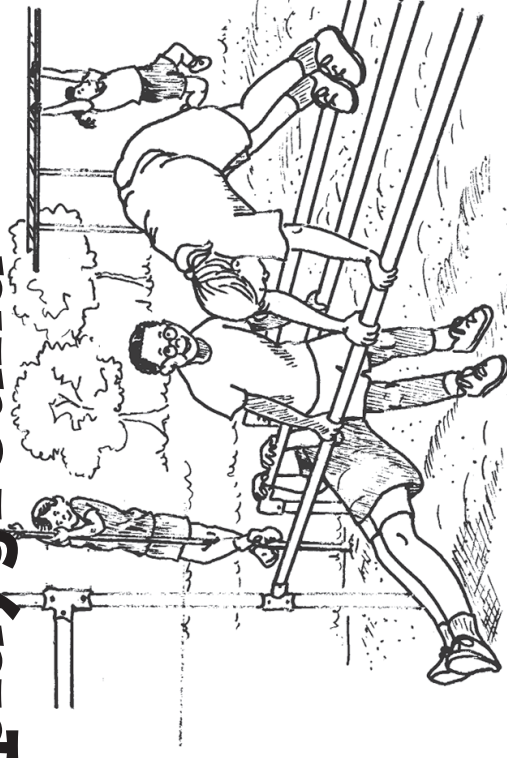
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Unit 1, Lesson 10

## 5 Dancing



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 Playing at a playground



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 Soccer



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

## 8 Basketball



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

## 7 Running or jogging



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

## 8 Jumping rope



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