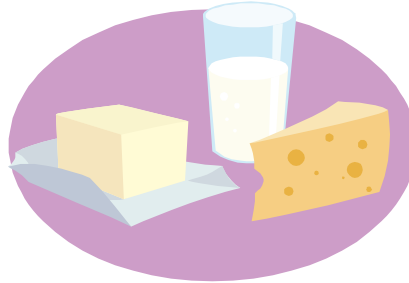


Calorie Counter

Grade Level: 9



OVERVIEW	The purpose of this exercise is to integrate mathematics, technology, and communication. This activity will prepare students to learn the importance of a healthy diet.
STANDARDS	Standard 6: WRITING: English Language Conventions Conventions include the grade-level-appropriate mechanics of writing, such as penmanship, spelling, grammar, capitalization, punctuation, sentence structure, and manuscript form.
OBJECTIVES	Following this activity, students will be able to: <ul style="list-style-type: none"> • Calculate total calorie intake
MATERIALS	Internet access to MyTodos Calculator Notebook/Journal
PROCEDURES	<ol style="list-style-type: none"> 1. Students will make an account on Mytodos.com. 2. Students will share the account with the teacher, so that he/she is able to keep track with the students. 3. Each student will take a daily record on all calorie intake and physical output for a period of one week. All data should be posted on MyTodos. 4. After calculating total intake and output, students will configure the average intake and output. 5. Students will compare his/her outcome with the figures on the average healthy diet.
EVALUATION	Students will write a one-page summary on the importance of a healthy diet and give feedback on what they have learned from this activity.