Log on to the internet, and go to the EMS P.E. Department website.

Scroll down on the page until you see the ghost… click on it!!

Click on the image of the Candy Calorie Counter activity.

Once you are on the Candy Calorie Counter website, use the mouse pointer to click on the various candies. Carry each snack sized candy over to the trick-or-treater’s pumpkin container and drop it inside. Watch what happens!!

Choose five of your favorite available candies, write down their name, and the number of calories they contain:

Name of “snack sized” candy:           Calories:
1. ____________________________           ________
2. ____________________________           ________
3. ____________________________           ________
4. ____________________________           ________
5. ____________________________           ________

Fill the container with all of your favorites!

Write in the calorie total here: ________

Running 4 laps around the track (one mile) uses up approximately 100 calories! How many miles would you have to run to burn off all of your favorite treats?

___________ divided by 100 = ____________

(Calories) (total miles)