**Watch the video ‘Diet and Exercise’ and complete the table.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Food / drinks** | **Calories** | **Time** | **Exercise** |
| Soda (fizzy drink) |  |  | climbing the stairs |
|  | 1720 cal | 2,5 hours |  |
| Double chocolate muffin |  | 1 hour |  |
|  |  | 26 min | cycling |
|  | 396 cal |  | playing basketball |