**Check yourselves!**

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| **Food / drinks** | **Calories** | **Time** | **Exercise** |
| soda (fizzy drink) | 214 cal | 25 min | climbing the stairs |
| a half of pizza | 1720 cal | 2,5 hours | skipping |
| double chocolate muffin | 364 cal | 1 hour | jogging |
| doughnut | 190 cal | 26 min | cycling |
| ice-cream | 396 cal | 62 min | playing basketball |