

LESSON 23 USING A CALCULATOR TO SOLVE PROBLEMS 1**OHT 23.1**

6 apples
96p

6 minutes of
talk time
£1.20

Half a
cucumber
47p

11 golf balls
£17.60

35 fence
posts
£157.50

12 forks
£7.20

8 spoons
£7.20

One and a
half metres
of ribbon
£1.05

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ACTIVITY SHEET 23.1

Running burns 14 calories each minute. Cycling burns 12 calories each minute and rowing burns 11 calories each minute. Sajit ran for 7 minutes, cycled for 8 minutes and then finished her training programme by rowing. Altogether she burned 326 calories. For how long did Sajit row?

Activity	Calories burned each minute	Number of minutes exercising	Calories burned during exercise
Running			
Cycling			
Rowing			
	TOTALS		

Show your method

Minutes

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ACTIVITY SHEET 23.2

You are going to exercise for 25 minutes. Decide how long you will row, cycle and run. Put this information in the table and use the method box to show how you calculate how many calories you will have burned in 25 minutes.

Activity	Calories burned each minute	Number of minutes exercising	Calories burned during exercise
Running			
Cycling			
Rowing			
	TOTALS		

Show
your
method



Calories