

Decision Making

Horace wants to lose 5 pounds to retain his place on the wrestling team. He knows that for every 3500 calories he cuts from his diet, he will lose 1 pound. Alternately, he could exercise more to burn the additional calories. The tables at the right show the calories in some of Horace's favorite foods and the calories he could burn if he added one hour of exercise.

Favorite Foods	
Quarter-pound Hamburger	450 calories
French Fries	468 calories
Pie Slice	450 calories
Chicken Filet	170 calories
Malt	482 calories

Activities	
Bicycling	600 calories/hour
Calisthenics	425 calories/hour
Swimming	500 calories/hour
Roller skating	700 calories/hour
Jogging	700 calories/hour

- Horace decides to cut out eating two of his favorite foods twice a week. Which foods should he cut? Explain.

- To the nearest week, how long will it take Horace to lose his 5 pounds if he follows his plan in Question 1? _____

- Horace decides to exercise three more hours each week instead of watching his diet. Which sport should he add to his schedule? Explain.

- To the nearest week, how long will it take Horace to lose his 5 pounds if he follows his plan in Question 3? _____

- How many calories will Horace need to cut from his diet each week if he wants to lose 5 pounds in four weeks? _____

- Describe an alternate plan Horace could follow if he needs to lose 5 pounds in 4 weeks remaining until the wrestling season begins.
