**Burger King Unit Analysis Worksheet**

You will also need page 576 in the chemistry book to solve the problems.

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| **Item** | **Serving Size** | **Calories** | **Fat** | **Carbohydrates** | **Protein** |
| Whopper with cheese | 290g | 670 | 40g | 52g | 29g |
| Whopper Jr. | 159g | 390 | 22g | 29g | 16g |
| Texas Triple Whopper | 506g | 1290 | 88g | 55g | 77g |
| Spicy Chick’n Crisp Sandwich | 136g | 460 | 30g | 35g | 13g |
| Small Onion Rings | 91g | 310 | 17g | 36g | 4g |
| Large Onion Rings | 142g | 490 | 26g | 57g | 7g |
| Small French Fry | 116g | 340 | 18g | 44g | 4g |
| Large French Fry | 182g | 540 | 27g | 69g | 6g |
| BK Breakfast Bowl | 243g | 540 | 42g | 17g | 24g |
| Croissan’wich Egg + Cheese | 115g | 300 | 16g | 26g | 11g |
| Croissan’wich Sausage Egg + Cheese | 159g | 460 | 31g | 27g | 19g |

1. A 120lb person eats a BK Breakfast Bowl.
   1. How many hours will it take to burn off the protein taken in the meal if they are walking?
   2. How many hours will it take to burn off the fat calories playing volleyball?
   3. How many hours will it take to burn off the carbohydrate calories sitting still?
2. A 150lb person eats a Croissan’wich Egg and Cheese.
   1. How many hours will it take to burn off the protein taken in the meal if they are walking?
   2. How many hours will it take to burn off the fat calories playing volleyball?
   3. How many hours will it take to burn off the carbohydrate calories sitting still?
3. A 100lb person eats a Croissan’wich Sausage, Egg and Cheese.
   1. How many hours will it take to burn off the protein taken in the meal if they are skateboarding?
   2. How many hours will it take to burn off the fat calories playing tennis?
   3. How many hours will it take to burn off the carbohydrate calories sitting still?
4. A 180 person eats a Whopper Jr.
   1. How many hours will it take to burn off the protein taken in the meal if they are swimming?
   2. How many hours will it take to burn off the fat calories playing soccer?
   3. How many hours will it take to burn off the carbohydrate calories doing martial arts?
5. A 100lb person eats a Texas Triple Whopper.
   1. How many hours will it take to burn off the protein taken in the meal if they are walking?
   2. How many hours will it take to burn off the fat calories playing volleyball?
6. A 150lb person eats a Whopper with Cheese.
   1. How many hours will it take to burn off the protein taken in the meal if they are sleeping?
   2. How many hours will it take to burn off the fat calories weight lifting?
   3. How many hours will it take to burn off the carbohydrate calories wrestling?
7. A 180lb person eats a Spicy Chick’n Crisp Sandwich
   1. How many hours will it take to burn off the protein taken in the meal if they are walking?
   2. How many hours will it take to burn off the fat calories playing volleyball?