

**Name/Title:** [How Far To Mount Katahdin \(Part V\)](#)

**Purpose of Event:** To understand the relationship of hiking/backpacking and caloric consumption as well as to develop an understanding of diet, nutrition, cooking and planning skills.

**Suggested Grade Level:** 9-12

**Materials Needed:** Access to a computer that is hooked up to the Internet, the worksheet provided below.

### Description of Idea

Part Five of our trip to Mount Katahdin helps us learn how many calories it will take to sustain us on a full day of hiking on the trail.

[Click here for the Handout/Worksheet](#)

### **The Entire Series**

- [How Far To Mount Katahdin \(Part I\)](#)
- [How Far To Mount Katahdin \(Part II\)](#)
- [How Far To Mount Katahdin \(Part III\)](#)
- [How Far To Mount Katahdin \(Part IV\)](#)
- [How Far To Mount Katahdin \(Part V\)](#)

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Submitted by **Bane McCracken** who teaches at Cabell Midland High School in Ona, WV. Additional authors for this idea were Bryan Butts. Thanks for contributing to PE Central! **Posted on PEC: 9/14/2003.**

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