



The right formula

Taking driving into the classroom

Fitness and Nutrition – Theme 8: Fuel for the body

Activity 8c

Energy needs

Our bodies change what we eat and drink into energy, which is then spent when carrying out all the tasks we do in our daily lives. The amount of energy we need depends on many factors including our age, size, sex and the type of activities we are involved with.

A correct, balanced menu of food takes into account an individual's need for energy, making sure they eat a variety of foods, in the right proportions.

- Create a 7-day menu for a 25 year old female race driver who takes regular exercise (jogging, swimming and keep-fit classes) in preparation for an important race event in a week's time. Her weight is normal for her age and size and she is a vegetarian (no meat but can eat dairy products).
- Create a 7-day menu for a 15 year old male student who is preparing for some important exams with only a little time for exercise each day. He is slightly overweight for his age and size.

The **Factsheets 8a: Eating for health** and **8c: Energy consumption chart** contain useful information, but you can do your own research as well.

Class organisation

Individual work

Resources

Factsheet 8a:
Eating for health

Factsheet 8c:
Energy
consumption chart