

The right formula

Taking driving into the classroom

Teachers notes

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The Ultimate
Driving Machine

Unit: Fitness and Nutrition

Theme 7: Keeping fit

We all aim to be healthy and fit. To achieve this, we need to understand how our bodies work, what can help us achieve our aim and what could possibly harm us.

Racing drivers, like all people involved in sports, place great importance on their body's well being and treat it with even more care than they treat their car. After all, a car can be replaced if it goes wrong but our bodies need to last a lifetime!

Activity 7a: Questionnaire: How fit are you?

Give copies of the Scoring Sheet to the pupils, to check their answers.

Theme 10: Fuelling the body

Activity 8b: Quiz: Body-works

ANSWERS:

1b, 2a, 3c, 4c, 5a, 6b, 7a, 8b, 9c, 10a, 11b, 12a