







Food 'v' Fuel






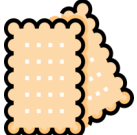





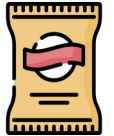
Sometimes it is hard to know how the food we eat effects our bodies, do you know what the right fuel is for you? Keep a diary of all the food and drink you consume and the exercise you take part in each day for a week. Make sure you include all your snacks and drinks as well as your main meals. Compare what you have eaten to the exercise you have taken part in and see if they are balanced - are any healthy changes you could make?











Date:	 Meals	 Snacks	 Drinks	 Exercise
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

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These are just some ideas of how much energy you use when you exercise.

Check the food labels on the things you like to eat.

Exercise	Calories / Energy Used	Food Equivalent
10 Minutes of Yoga 	35	Fun Size Bag of Sweets 
10 Minutes of Hoovering 	50	1 Shortbread Biscuit 
10 Minutes of Walking 	50	Ice Lolly 
10 Minutes of Gardening 	55	Small Juice Carton 
10 Minutes of Fast Running 	170	Bag of Crisps 

Exercise	Calories / Energy Used	Food Equivalent
30 Minute Swim 	250	Chocolate Bar 
30 Minute Jog 	300	Cheeseburger 
30 Minute Cycle 	320	Cheese Toastie 
30 Minutes of Dancing 	330	Slice of Pizza 
30 Minutes of Football 	345	Medium Fries 

Recommended Daily Calories	
Age	Daily Calories
2 - 3yrs	1,000
4 - 8yrs (Girls) 4 - 8yrs (Boys)	1,200 1,400
9 - 13yrs (Girls) 9 - 13yrs (Boys)	1,600 1,800
14 - 18yrs (Girls) 14 - 18yrs (Boys)	1,800 2,200

We all need Calories/energy to keep our bodies working but we need to make sure there is a balance.

Too many and our bodies can't process all the extra energy we give it.

Too little and our body and brain becomes tired quickly.