

Year 12

Summer Task

Eating for Health

Task 1

Watch <https://www.youtube.com/watch?v=sKcCho6RVgc> Episode 1 - leuan and Jess

Task 2

Evaluate the success of leuan

Evaluate the success of Jess

Task 3

Research and plan a full days eating for either leuan or Jess.

Explain why you have chosen the foods you have.

Task 4

Using <http://explorefood.foodafactoflife.org.uk/Calculator/Diet> calculate the calorie intake of a days eating for your chosen person. Include each meal and any snacks that you might want.

Jess should consume approx. 2000 cals and leuan approx. 1,800 cals.