This week think about the foods you eat.

Week Commencing 15th June 2020

How The Body Works

1.What is the recommended daily calorie intake for a man?

2.What is the recommended daily calorie intake for a woman?

3. What is the recommended daily exercise for a man?

4. What is the recommended daily exercise for a woman?

5. How many calories are there in a packet of crisps?

6. How many calories are there in a 100g bar of milk chocolate?

7. How long would you have to exercise to burn off a packet of crisps?

8. How long would you have to exercise to burn off a bar of chocolate?

If you need to get in touch, contact me at:

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