



HANDS-ON EXPERIMENTS

FOR PRIMARY
DIET AND EXERCISE



A poor diet and very little exercise can cause many health problems. We need to look after our bodies if we want them to work well.



The effects of a healthy diet...

- You will feel healthier.
- Your heart will be stronger.
- Your lungs will be more efficient as you breathe air in.
- Your immune system will be stronger, so you'll get ill less.
- You will be more alert and ready to work.
- Your muscles will be stronger.

Eating the right food is key to gaining enough energy for our bodies to work well.



Food like pasta and rice provide a lot of energy for a long time, whereas food like sweets and chocolate may give you a quick burst of energy but it won't last for long.

The Experiment

What you'll need... Different types of food packets, calculator, pen and paper.

Using the table below, work out how much exercise you would normally do on a school day and add up how many calories your body would need.

| Activity | Calories used |
|------------------------------------|---------------|
| Walking (10 minutes) | 25 |
| P.E lesson (1 hour) | 500 |
| Running and playing (30 minutes) | 250 |
| Sport lesson after school (1 hour) | 700 |
| Riding a bike (30 minutes) | 150 |

Now, have a look at how many calories are in some different types of food that you have on a daily basis. Then work out how much food you would need to provide your body with enough energy to perform your activities.

VIDEOS FOR THIS RESOURCE AT:

INTRODUCTION:



Clickable Link:

<https://youtu.be/hS6DmSUVzgA>

CONCLUSION:



Clickable Link:

<https://youtu.be/1HlkmQsc1lw>

