



Activity 2 - My own eatwell guide

Food group	How many?	My percentage %	Eatwell guide percentage %
Fruit and vegetables			40
Potatoes, bread, rice, pasta and other starchy carbohydrates			38
Dairy and alternatives			8
Beans, pulses, fish, eggs, meat and other proteins			12
Oils and spreads			1
Total			

How to work out percentages

1. Add all the food group numbers together to get the total.
2. Divide each food group number by the total.
3. Multiply this total by 100.

Activity 3—My Dream Meal Plan

Complete the dream meal plan below. You must include a starter, main, dessert and drink. Once you have designed your perfect meal, research the calorie content of each of the items then add them up to find your total calorie intake for your dream meal.

Starter	Calories

Main	Calories

Dessert	Calories

Drink	Calories

Total Calories

Activity 4—Burning off your meal

Using the cardio calorie burner sheet, create a plan of activities to burn off half of the calories from your dream meal.

Starting amount of calories before workout

Exercise	Duration	Calories Burnt

Total time spent exercising

Total calories burnt

Activity 4—Cardio Calorie burner information

ACTIVITY	CALORIES BURNED IN 5 MINUTES
<i>Aerobics class (Zumba, step aerobics)</i>	39
<i>Ashtanga yoga</i>	25
<i>Biking at a pace of 14-16 mph</i>	52
<i>Biking on a stationary bike/spinning</i>	56
<i>Bikram/hot yoga</i>	34
<i>Dancing</i>	29
<i>Elliptical</i>	56
<i>Hiking</i>	29
<i>Jumping rope</i>	49
<i>Light yoga/stretching</i>	20
<i>Pilates</i>	25
<i>Rock climbing</i>	54
<i>Rowing machine</i>	43
<i>Running at a pace of 6 mph</i>	49
<i>Step machine</i>	34
<i>Swimming at a moderate pace</i>	30
<i>Tennis (singles)</i>	30
<i>Vinyasa yoga</i>	43
<i>Walking at a pace of 4 mph</i>	25
<i>Weight lifting</i>	30