**Year 11 Essentials**

**Practical Application – My Daily Energy Requirements**

**Time allowed: 2 Weeks**

Keep an energy diary for 1 week. Record the number of hours you spend on different activities each day, making sure you include all 24 hours.

Keep a food diary so that you can record the number of kilojoules you eat each day. Remember to include “hidden” kilojoules like those in tea/coffee, biscuits and other snacks.

Use the results in your diary to calculate the kilojoules you need, on average per day.

If you don’t know the amount of kilojoules involved in any of your food or activities, use the internet to find out.

Do your kilojoules balance? What changes might you need to make, and what would that affect?

For submission include your:

* Food diary
* Energy diary
* Answer the questions about energy balance
* Any references you use