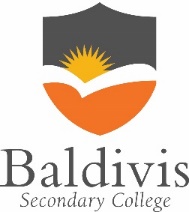
**Year 11 Essentials 2021**

**Investigation 3**

# Energy

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time for the task: 2 weeks

Resources needed – laptop or device, Maths book, calculator **Total Marks:** / 23

**Task weighting:** 10 %

**Due Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Week 1:** Writing in the food/energy diary

You will be required to keep a food and energy diary for 1 week. Your diary should record all the kilojoules you would consume each day (including snacks, drinks etc..) and the number of hours you spend on different activities each day.

Before starting your report write a goal for each below:

Food Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Energy Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Week 2:** Report Writing

Do your kilojoules balance?

What changes might you need to make?

#### Units of Energy

* + 1. use units of energy used for foods, including kilojoules and calories
    2. use units of energy to describe the amount of energy expended during activity
    3. convert from one unit of energy to another, such as calories/kilojoules