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| **FOOD DIARY**  **Description / Working** | **Marks /23** |
| **Interpret the task and gather the key information**   * Introduction included * States they need to create a food and energy diary   **Identifies Information required**   * Energy from food * Energy exerted in exercise | One mark each  /4 |
| **Identify the mathematics which could help to complete the task**   * Calculating energy in food * Converting energy from cal to kJ * Calculate BMI | 1 mark each  /3 |
| **Analyse information and apply their existing mathematical knowledge and strategies to obtain a solution**   * Food and energy goal included * Fills in food diary * Food diary has a variation (not the same every day) * Total food energy calculated * Energy diary completed * Activities add up to 24 hours * BMI calculated * Calculations for energy shown * Total energy used calculated | One mark each  /9 |
| **Verify the reasonableness of the solution**   * Discusses whether energy consumed works with energy burnt in relation to goals. * States changes to help reach goals (mentions staying the same if they reached the goals) | One mark each  /2 |
| **Communicate findings in a systematic and concise manner**   * Conclusion * Summarises whether they achieved their goals * Report set out logically * Food and energy diary set out logically * Reference section included | 1 mark each  /5 |