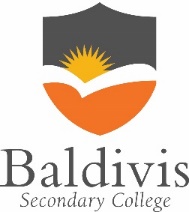
**Year 11 Essentials 2021**

**Investigation 3**

# Energy

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

Time for the task: 2 weeks

* 1 lesson in class for research and data collection
* Report due two weeks from the lesson in class **Total Marks:** / 40

**Task weighting:** 10 %

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

A Western Australian start up tech company has asked for your assistance in creating an app for WA people to use to track food and exercise. They have the expertise to create the app but what they don’t have any idea of is what the typical person eats or what they do for physical activity.

The tech company would like you to create a food and physical activity diary for a week and compare it with existing information that they have gathered from these websites.  
  
<https://www.healthdirect.gov.au/kilojoules>

<https://nutritionaustralia.org/fact-sheets/australian-dietary-guidelines-recommended-daily-intakes/>

<https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

<https://www.gethealthynsw.com.au/healthier-you/tools-and-calculators/burn-your-kilojoules/>

A suggested timeline for you to work on the project is:

**Week 1:** Creating your food diary and physical activity diary

**Week 2:** Processing your results and writing your report for the tech company explaining your results.