**Year 9 – Online Learning for Weeks 1 and 2, Term 2**

**TOPIC INTRODUCTION**

This term (Term 2) we will learn about nutrition and the affect it can have on well-being. The topics we will cover include vitamins, minerals, sugars, fats etc. Some consideration of alcohol and drugs may be included in our research.

**AKO** – I will record all the physical activity (exercise) I complete and my nutritional intake (what I eat) for 7 days.

**HUA** – I will know how much time I spend exercising per week. I will also know exactly what foods I have eaten over a 7 day period.

**MAHI/TIPS**

* We will be using the data you collect for upcoming lessons, so be as accurate as you can and fill out each section of the tables.
* Rather than 2-3 hours of lesson work, we expect you to do 5-10 mins each day filling out the logs below.
* If you look at the example below, you’ll see the detail we expect e.g. how much butter on your toast?
* Fill in the table as you go (don’t leave it more than a day, you’ll forget!)
* Try to have as normal a routine as possible (your typical lockdown week!?)
* Check out some of the exercise routines you could try below, it’s up to you how much you exercise! But we normally have PE twice a week and some of you would have your own sports and interests on top of that.

**EXERCISE OPTIONS**

* Walk, Jog, Run/Walk, Bike ride, City fitness online <https://www.cityfitness.co.nz/>, Yoga online <https://www.youtube.com/playlist?reload=9&list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAl>, , Les Mills class <https://watch.lesmillsondemand.com/browse> ,HIIT class on youtube <https://www.youtube.com/watch?v=q20pLhdoEoY> or search up any fitness workout e.g. <https://www.nerdfitness.com/blog/beginner-body-weight-workout-burn-fat-build-muscle/>.

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| **Nutrition**  |
| **DAY** | **BREAKFAST** | **Quantity** | **LUNCH** | **Quantity** | **DINNER**  | **Quantity** | **SNACKS** | **Quantity** |
| *E,g, .Thursday 16th April* | *Toast**Butter**Jam**Glass of milk* | *2**1tsp**2tsp**1 glass* |  *Ham and tomato sandwich**Bread slices**Tomato**Butter**Ham slices**Orange juice* | *2**1**1tsp**2**1 glass* | *Sausages and potatoes (mashed)**Sausages**Potatoes**Peas**Water* | *2**2**1/4 cup**1 glass* | *Apple**Crisps**Coke* | *1**1 bag**500ml* |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |

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| **Exercise** |
| **DAY** | **Activity** | **Quantity** | **Intensity (effort)** | **Feelings** |
| *E,g, .Thursday 16th April* | *Walk* | *30mins* |  *Low* | *Tired today* |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |