Name:

Date:

# Healthy Eating and Exercise Activity

Introduction:

Eating and Exercise go hand in hand. Without the proper nutrients and antioxidants, exercise alone can be detrimental for your body. By knowing these facts, you can hopefully help prevent this from happening, and even slightly reverse some aspects of aging and bodily ‘disease’.

Objectives:

* To be aware and knowledgeable enough about healthy eating and proper exercising.
* To increase food security in the amount of fruit and vegetables to balance the nutritional value.
* To determine the relationship between BMI, BMR and the calories intake.
* To know the major roles of balanced diet and effective exercise.
* To increase the level of habitual physical activity.

Exploration:

1. Click this link:[**http://phet.colorado.edu/simulations/sims.php?sim=Eating\_and\_Exercise**](http://phet.colorado.edu/simulations/sims.php?sim=Eating_and_Exercise)
2. Freely explore the various combinations of daily exercise with a typical daily calorie intake.
3. Play the simulation and see how your typical lifestyle (calorie intake in combination with your typical daily exercise) affects your body regulation as time passes.

Table 1.1 Explore the Simulation, record your obtained data and be creative in providing your own title.

Title:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Person | Personal Information | Regular Diet | Regular Exercise | BMI | BMR |
| Gender | Age | Height | Weight |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

Questions:

1. Is proper exercising and healthy eating important? Why or why not?
2. What happen if you put a large amount of calories in your meal relating to the exercise you have chosen? Does it affect your heart strength?
3. What is the difference between BMR and BMI? Which plays a lot of role?
4. What happens to your BMR when you’re very sedentary?
5. Change the gender of the person and observe. Does gender affects the rate of metabolism?
6. Have your ideas changed after playing the game?
7. How important exercise is in your daily lifestyle?
8. Did it make you more aware and help you find the healthy diet and proper exercise?
9. After exploring the simulation can you say that you’re physically healthy?
10. Name at least three things you learned from your journey in simulation activity.



Facts:

* Your ***BMR***decreases as you age. Likewise, depriving yourself of food in hopes of losing weight also decreases your BMR, a foil to your intentions. However, a regular routine of cardiovascular exercise can increase your BMR, improving your health and fitness when your body's ability to burn energy gradually slows down.
* ***Heart strength*** depends on how much exercise the person acquires. Likewise, ***Heart strain*** depends on body fats, whether it is extremely low or extremely high.