|  |  |  |  |
| --- | --- | --- | --- |
| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I know the components of a balanced dies |  |  |  |
| I know the descriptions of the different components |  |  |  |
| I know the importance of each component of the balanced diet. |  |  |  |
| I know what BMR is and how to calculate my own score. |  |  |  |
| I know what MET score is and how to calculate my own. I have written out the formula that allows me to repeat this task. |  |  |  |
| I can calculate my daily energy expenditure based on MET and BMR. |  |  |  |
| I can link this to exam answers. I have written up notes and a description of BMR and MET. |  |  |  |
| I know the difference of an athlete and recreational person and their energy requirements. |  |  |  |
| I know how to count the calories and apply this to myself. |  |  |  |

**Week 7 Task sheet A level PE Diet**

**Key words:**

1. Complete notes on each stage of the calculation of MET and BMR. State what they are as well as the explanation a the top of page 67.
2. Complete a MET score and BMR noting your energy expenditure.
3. Complete a total calorie intake for an athlete.
4. Count you own calories.
5. Prepare for the test on Friday.
6. Create a Kahoot on guidance and feedback. Minimum of ten questions.