INSTRUCTIONS:
FUEL FOR LIFE ONLINE GAME
Module 3: Topic 2

Duration 40 minutes

Required Access to a computer

Learning outcomes Understand how the energy we take in as food and drink provides the fuel our body needs to be active.

Preparation Review the information about energy balance. Explain how we need to eat the right foods in the right amounts to stay healthy and active.

Instructions Click on the link www.foodafactoflife.org.uk/Activity.aspx?sitId=15&sectionId=64&contentId=214

Complete the game and discuss.

www.eatright.eu