

# 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?siteId=15&sectionId=64&contentId=214](http://www.foodafactoflife.org.uk/Activity.aspx?siteId=15&sectionId=64&contentId=214)  
Complete the game and discuss.

