

Task

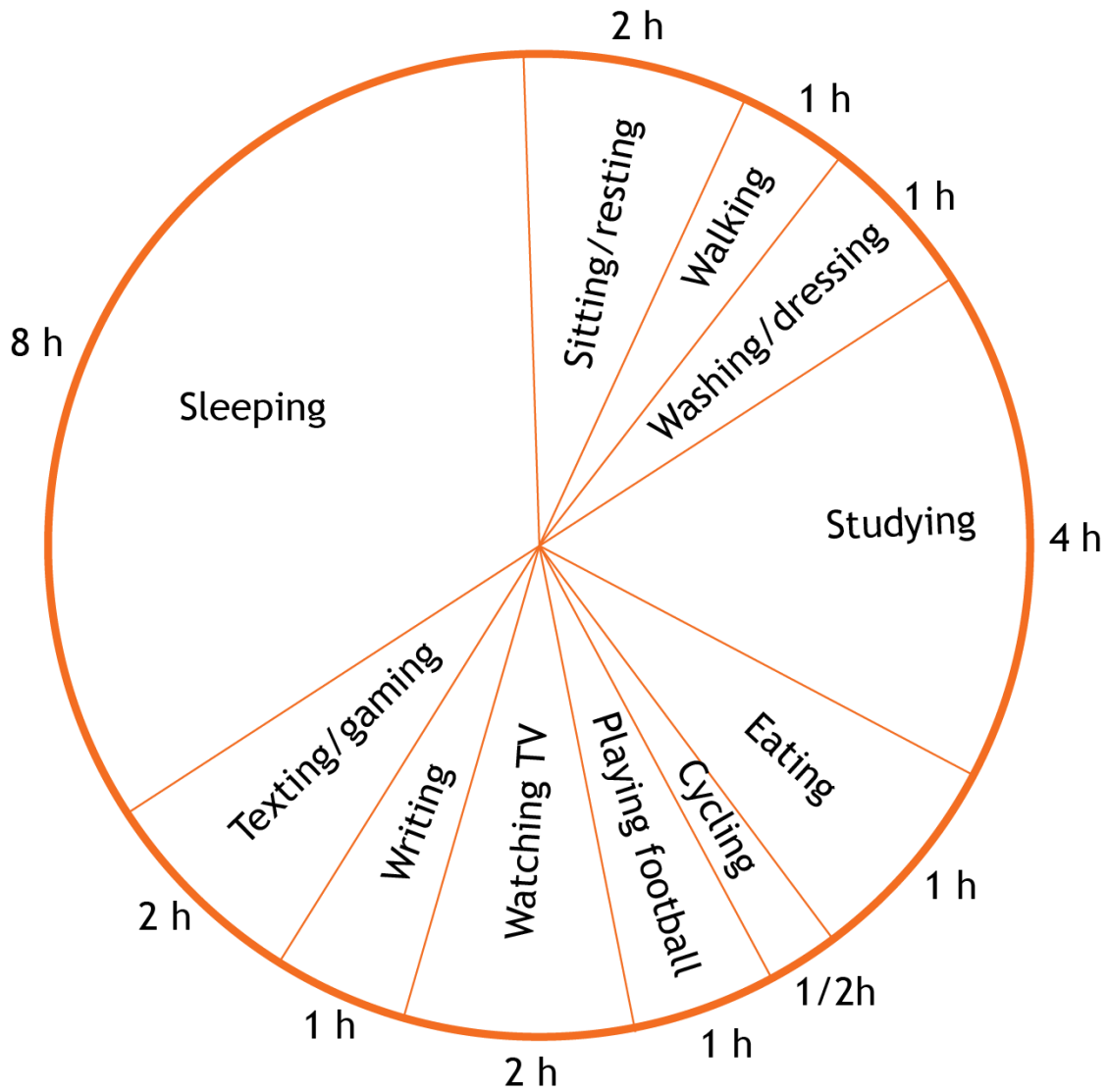
Throughout the day and night, you are constantly using energy. This energy is released by the process of respiration inside your cells. Respiration is the oxidation of foodstuffs to release energy.

Different activities require varying amounts of energy. Intense physical activity requires most energy but even when sleeping you need energy to maintain body temperature, heart rate, breathing etc.

The table shows various activities and the amount of energy needed by an average 15 year old for such activities.

Activity	Energy needed each hour (kJ)
Sleeping	250
Sitting, resting, listening to music	300
Reading, gaming, texting, watching TV	350
Writing	400
Studying, eating	450
Washing, dressing	600
Walking	1000
Cycling, jogging	1400
Playing active games e.g. football, swimming, rugby	1500

Make up a list of all your activities for a particular day and then draw your own **Energy Clock** like the one shown below.



Using your energy clock and the table for energy values for different activities, calculate how much energy you use up in an average day.

Most teenagers use between 8 000 to 12 000 kJ each day.

How active is your day?