LESSON
A HELATHY GAMING SNACK

AUTHOR
CAMILLA EGHOLM SØRENSEN
VUC STORSTRØM

A HEALTHY GAMING SNACK

In this exercise the students will compare the nutritional value of the different meals - one cliché gamer snack and a healthy alternative.

Subject and level
Biology C-level, upper secondary school

Connection to curriculum
Dietary recommendations and energy comsumption.

Didactic and pedagogic considerations
The calculations can be a challenge for some students and it will be worth considering whether to provide the students with the needed mathematical formulas for some of the calculations.
The students will need access to a database with nutritional values for most foods and/or information on the nutritional content of ready made products.

Time estimate
1-2 hours depending on the students mathematical skills.

Group size
1-3

Overall introduction to exercise
The students must calculate the energy content and distribution of each meal and compare their results with the general recommendations. Following this, they must then calculate how much time is required to burn the two meals while gaming.

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Exercise as presented to the students

In this excercise you must compare the nutritional value of two different meal and calculate how much gaming time will be required to burn of each of them.

The healthy meal:

- 1 L water
- Blueberry smoothie
  - 50 g fresh blueberries
  - ½ banana (50 g)
  - 250 g vanilla skir
- 50 g carrot sticks
- Rye sandwich
  - 110 g rye bread
  - 130 g avocado
  - 20 g turkey sandwich meat

The unhealthy meal:

- 1 L Cocal Cola
- 0,5 L energy drink
- 1 can of Pringles
- 1 frozen pizza

- Calculate the total energy content and disprubution in both meals
- Compare your resiults to the official recommendations

The basic metabolism is calculated by multiplying body weight (kg) with100 kJ/day for women and 108 kJ/day for men. This will again be multiplied with the PAL-value for a person sitting still, which is 1,1.
In addition, a person weighing in at 70 kg burns an average of 12 kJ in 30 minutes by gaming.

- How lon would a male or female gamer weigjing in at 70 kg need to burn of the two meals?

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