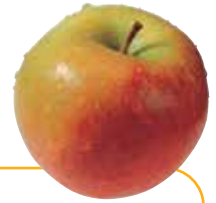


Energy Crises

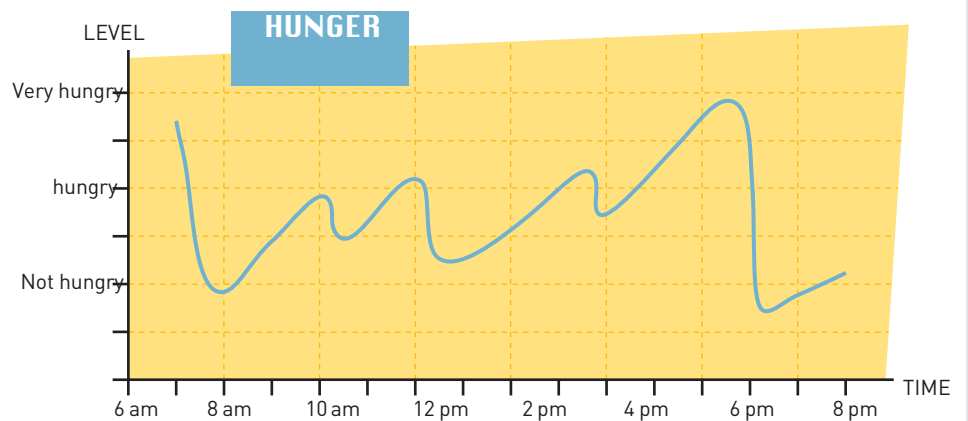
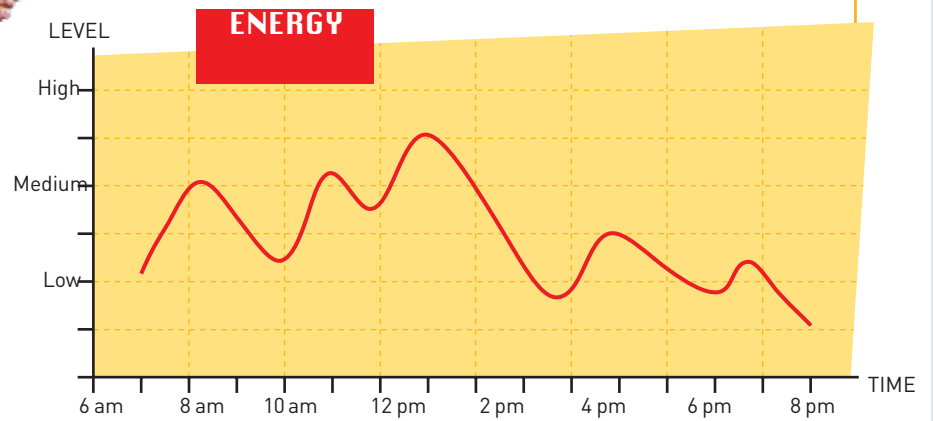


ACTIVITY



You need: graph paper

Ngahuia records her hunger and energy levels over a school day:



- What happens to Ngahuia's hunger level around 7.30 a.m. and 6.45 p.m.?
 - At what other times does her hunger level go down?
 - Why are the down slopes on the hunger graph a lot steeper than the up slopes?
- Describe in writing how Ngahuia's energy level changes through the day.
- Find and describe a connection between her hunger level and her energy level.
- Graph your own hunger level through a day.
 - Choose something else that changes through the day (for example, your enjoyment of the school day, or warmth). Graph it for a day. Describe the changes in writing.

INVESTIGATION

Some foods are good for a quick energy boost, and others keep you satisfied for a long time. Find out about the ones you like to eat. What foods are recommended for breakfast? Why? Display your findings in a poster.

