

Maths Takeaway



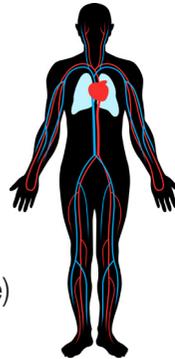
This month's special

Getting in shape

Did you know ...

- Levels of obesity have tripled in England since 1980. Over half of women and about two-thirds of men are either overweight or obese.

(National Audit Office)



On the other hand ...

- Physical activity is identified as positively contributing to the prevention and management of over 20 chronic diseases and conditions, including coronary heart disease, diabetes, cancer, mental health and obesity.
- People who are active are 1.9 times less likely to have a heart attack than inactive people.

(World Health Report, 2002)



Starters

Can you ...

- compare the saturated fat content of your regular yoghurts with the low fat variety?
- work out how long you have to swim to burn off the calories in a bag of crisps?
- find the sugar content of cereal by reading the nutritional information on the box?
- work out the cost of an exercise bike that has 20% off in the sales?
- weigh and measure ingredients for a new healthy recipe that you are going to try?
- work out how much you would save in bus fares if you walked to work instead of getting the bus or driving for a month?

You can check out your maths skills further by doing the mini-test at:

www.move-on.org.uk/testyourskills.asp

You can join a free group to improve your maths and gain a national qualification. Ask at the library, your local college or learning centre, ring 0800 100 900 or look on the Move On web site to find a local test centre.

Main course

Fruit and veg

Fruit and veg should make up a third of the food you eat. Aim to eat at least five portions of fruit and veg every day. These can be fresh, frozen, tinned, dried or cooked, and a glass of fruit juice can also make up one of your portions each day. But what is a portion?

As a guide, a portion means:

- one apple or banana
- two smaller fruit such as plums
- two to three tablespoons of veg.

Use the table below to keep a 'five a day diary' for five days.

	Day 1	Day 2	Day 3	Day 4	Day 5
1					
2					
3					
4					
5					

For more information on healthy eating visit www.eatwell.gov.uk or www.5aday.nhs.uk.

Specials

The official army fitness programme is a 16-week programme developed by the Army Physical Training Corps to enable recruits to pass basic training. To establish a starting point, recruits need to:

- count how many press-ups they can do in two minutes
- count how many sit-ups they can do in two minutes
- time themselves running (or walking!) 1.5 miles (2.4 km)
- measure their waist to hip ratio – for men a ratio of 0.9 or under is desirable; for women a ratio of 0.8 or under
- work out their BMI.

To work out your BMI, divide your weight in kilograms by your height in metres, then divide the answer by your height again. A BMI of between 18.5 and 25 indicates a healthy weight. You can also go to www.bbc.co.uk/health/healthy_living/your_weight/bmimetric_index.shtml and the BMI calculator can do it for you!

For more information on this training programme visit www.armyfit.mod.uk.



Set menu

Test questions

- 1 Take up skipping! Start off with ten sets of 50 skips. How many skips is that in total?
a) 550 b) 500
c) 5,000 d) 5,500
- 2 www.nhs.uk recommends walking ten thousand steps per day to improve health, build stamina and burn calories. What is this in numbers?
a) 1,000 b) 100
c) 10,000 d) 100,000
- 3 A recipe for leek and potato soup needs 900 g of leeks for four people. If you were making this recipe for one person how many grams of leeks would you need?
a) 300 b) 450
c) 325 d) 225
- 4 Cycling burns about 300 calories per hour. How many calories would you burn off if you cycled half an hour per day for one week (seven days)?
a) 1,050 b) 2,100
c) 1,500 d) 900

If you would like to try more questions at this level, go to Stop 4 of the Move Up Teacher Route on the Move On web site to try out the Move Up test. If you enjoyed these questions and want to try some harder ones, log on to the Learner Route at www.move-on.org.uk.

Extras

Grin or Groan?

- ‘You’re really pretty fit for a man of 65,’ said the doctor reassuringly. ‘Of course, as you’re only 48 ...’
- ‘You have to stay in shape. My mother started walking three miles a day when she was 60. She’s 87 now and we have no idea where she is!’
- ‘I am in shape,’ said the woman indignantly. ‘Round is a shape!’

Resources for tutors

Resources are available to download from www.move-on.org.uk. Register on the site to access the Move Up Teacher Route at www.move-on.org.uk/mu_route.asp.

If you have any resources, jokes, quizzes, games, etc., about DIY, please e-mail info@move-on.org.uk.

If the ideas on this page have encouraged you, or someone you work with, to try out some maths, please let us know.