

How do we use energy ?

Number of minutes to use 100 Kcal of energy

Running

Boys 16½ mins Girls 17½ mins

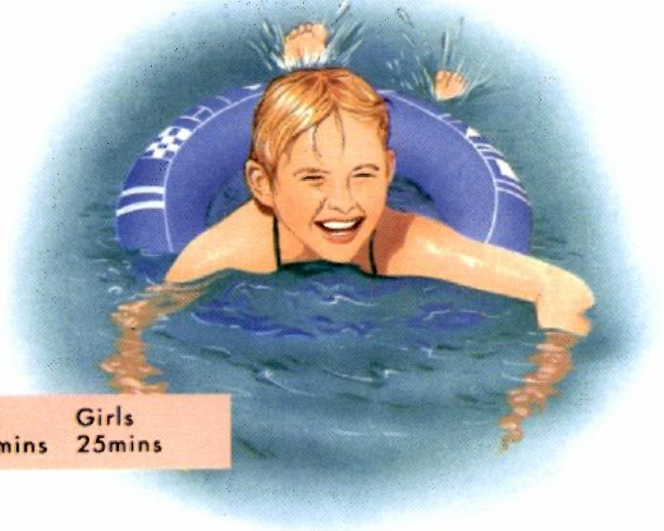
الجرى



السباحة

Swimming

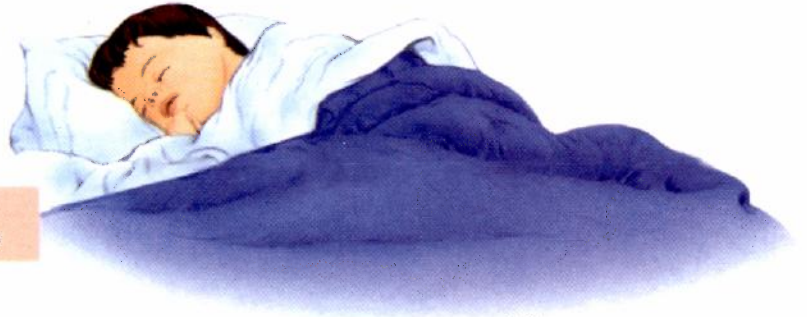
Boys 23½ mins Girls 25mins



Walking

Boys 30½ mins Girls 32½ mins

المشي



النوم

Sleeping

Boys 111mins Girls 121 mins

ركوب
الدراجة

Cycling

Boys 16½ mins Girls 17½ mins



الجلوس

Sitting

Boys 93 mins Girls 100 mins

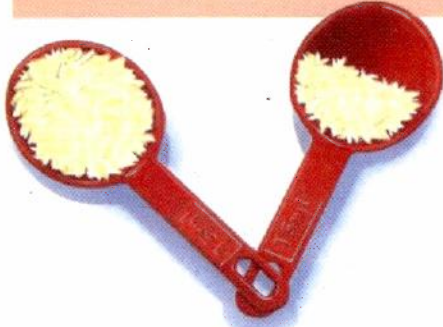


How do we get energy ?

Foods providing 100 Kcal of energy

أرز أبيض مطبوخ

White rice (Boiled) Approx 68g



حليب قليل الدسم

Milk (Semi skimmed) Approx 205ml



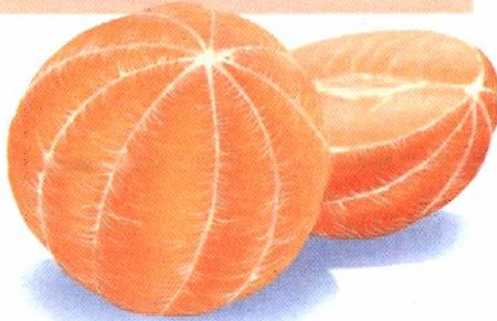
مارجرين

Margarine Approx 13g



برتقال مقشر

Orange (Peeled) Approx 253g



طماطم

Tomatoes Approx 548g



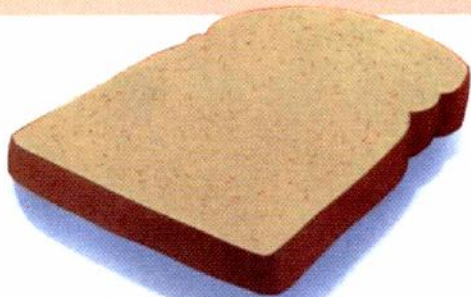
بازلا (مجمدة - مطبوخة)

Peas (Frozen, boiled) Approx 137g



الخبز الكامل

Wholemeal bread Approx 44g



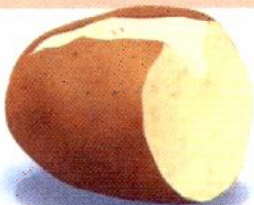
بيضة مسلوقة

Egg (Boiled) Approx 65g



بطاطا مشوية مع القشرة

Baked potato (With skin) Approx 69g



شوكالاته الحليب

Milk chocolate Approx 18g

