

THE PROJECTED WEIGHT SIMULATION

"A reality-based simulation"

TEACHER BRIEFING

Background Information

Objectives

This is a simulation designed for students at NCEA Level 2.

The team plans the diet for an obese teenager.

The main goal is to plan a balanced diet based on daily decisions so that by the end of the week the obese teenager loses weight. You will need to consider his motivational level as you make the decisions.

Main Learnings

Students will learn:

- How to plan a balanced diet for themselves so that there is no risk of obesity.
- Nutritional information about all the different unhealthy food items available to teenagers.
- How to work in teams and maintain healthy competition.

Components of the Sim

The simulation consists of the following components:

- The teacher briefing
- The student briefing
- The video
- The simulation
- The quiz

Size of teams

- The recommended number of people per team is 2 or 3.

Size of classes

- Any number of sessions can be set up to accommodate your class size.

Usage suggestions

This sim will run well if used over a one week period as follows:

- The Sim author will introduce the sim for about 15-30 mins at a teaching session after teaching some of the material related to loyalty and satisfaction.
- The students will register and be set up in teams the next day.
- Students make decisions each day for the next 4 days and one double rollover on Friday.
- Students complete one Introductory Quiz at the beginning

Time to run

Number of periods

How to use

- Students complete one Final Quiz at the end.
- Students review the lessons learned by team at a class and this is summarized for 10 mins at a class session.

Measures of Learning

The key measures of learning are listed below:

- Score on the simulation
- Score on the quizzes
- Satisfaction rating of the activity

Decisions

Unhealthy Drinks Consumption

- How many cups of tea he/she consumes that day
- How many cups of coffee he/she consumes that day
- How many cans of soft drinks he/she consumes that day.
- How many shakes he/she consumes that day.
- How many glasses of juice does he/she consume that day.

Unhealthy Food consumption

- How many pizzas's he/she consumes that day.
- How many hamburgers he/she consumes that day.
- How many cheeseburgers he/she consumes that day.
- How many meat burgers he/she consumes that day.
- How many pies he/she consumes that day.
- How many single scooped cones he/she consumes that day.
- How many regular sized fries does he/she consume that day.
- How many cookies does he/she consume that day.
- How many bags of chips does he/she consume that day.
- How many 100g of chocolate does he/she consume that day.

Exercising decisions

- How many 15 min cycling sessions does he/she do that day.
- How many 15 min running sessions does he/she do that day.
- How many 15 min rowing sessions does he/she do that day.

Projected Weight Simulation - Decisions

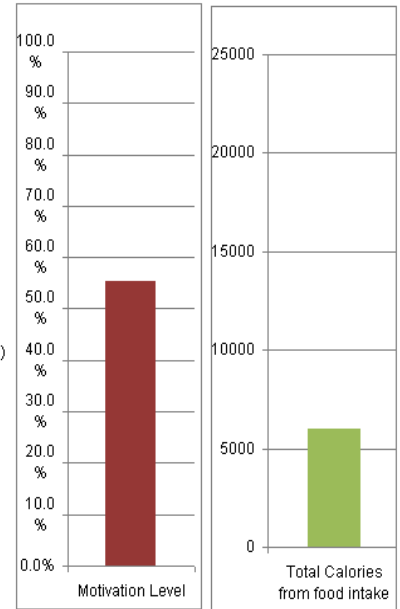
Decisions

Unhealthy Food and drinks consumed each day

Tea	<input type="text" value="0"/>	0	(100ml cups)
Coffee	<input type="text" value="2"/>	2	(100ml cups)
Cold Drinks	<input type="text" value="2"/>	2	(cans)
Shakes	<input type="text" value="1"/>	1	(200ml glasses)
Juices	<input type="text" value="3"/>	3	(med size)
Pizza	<input type="text" value="1"/>	1	(each)
Hamburger	<input type="text" value="2"/>	2	(each)
Cheeseburger	<input type="text" value="1"/>	1	(each)
Meat Burgers	<input type="text" value="2"/>	2	(each)
Pies	<input type="text" value="1"/>	1	(each)
Ice Cream	<input type="text" value="2"/>	2	(single scoop cones)
Fries	<input type="text" value="2"/>	2	(regular fries from McDonalds)
Cookies	<input type="text" value="2"/>	2	(each)
Bags Of Chips	<input type="text" value="1"/>	1	(each)
Chocolates	<input type="text" value="3"/>	3	(100g)

Exercise each day

Cycling	<input type="text" value="1"/>	1	(session)
Running	<input type="text" value="0"/>	0	(session)
Rowing	<input type="text" value="0"/>	0	(session)



Projected Weight Simulation - Reports



Increase(decrease) in weight (Kg)
 Energy gained from food/drinks
 Energy lost from exercise
 Weight (kg)



Increase(decrease) in weight (Kg)
 Energy gained from food/drinks
 Energy lost from exercise
 Weight (kg)

