

PROJECTED WEIGHT SIMULATION

"A reality-based simulation"

STUDENT BRIEFING

Background Information

Objectives

Congratulations! Your team is now in charge of coming up with a diet plan for an obese teenager.

Your main goal is to help the teenager reduce his/her weight by making decisions everyday on his/her intake of unhealthy food and drinks, his overall weight loss/gain is calculated at the end of the week.

The scenario encompasses decisions that will require you to analyse information, identify alternative courses of action, evaluate these alternatives and make the final decisions for your obese individual. These include intake of unhealthy food, intake of unhealthy drinks and the number of 15 minute exercising sessions per day.

Ultimately your success will be determined by the motivation level of the individual and how much weight the obese individual has lost at the end of the week.

As you take the reins, the **health habits of the obese teenager** is a going concern. The Reports menu lists the reports showing the current unhealthy diet and exercising routine of your obese individual to date.

Health issues and unhealthy food intake issues within teenagers.

Obesity or Overweight develops when the balance between food and activity is upset. There is health risks associated with overweight teenagers. Overweight teenagers can have problems with hips, joints and have problems breathing.

Teenagers often snack on 'junk' food simply because they are hungry. Teenagers are growing fast. They need to eat frequently. They might feel starving at odd times as they have high energy requirements.

It is not desirable for overweight teenagers to be placed on weight loss diets as overall growth can be compromised. Instead, weight gain should be slowed down or maintained to allow for the teenager's weight to 'grow into their height'.

It is fine to have an occasional take-away and a sweet in the context of a balanced diet. But relying on processed take-away food, packaged snacks and sugary drinks everyday with a low intake of fruit and vegetables, will result in a diet based on high in fat, salt and sugar content.

	Overweight	Obese
European/other males	18.4%	4.7%
European/other females	18.8%	6.0%
Maori males	19.6%	15.7%
Maori females	30.6%	16.7%
Pacific males	33.9%	26.1%
Pacific females	32.9%	31.0%

Starting Conditions

The teenager's current unhealthy diet

The current diet of the teenager is given below:

Tea	0
Coffee	2
Soft drinks	2
Shakes	1
Juices	3
Pizza	1
Hamburger	2
Cheeseburger	1
Meat Burgers	2
Pies	1
Ice cream (cones)	2
Fries (McDonalds Med size)	2
Cookies	2
Bags of chips	1
Chocolates	3
Cycling (15 min sessions)	1
Running (15 min sessions)	0
Rowing (15 min sessions)	0

Decisions

Unhealthy food and drinks decisions

- How many cups of tea he/she has that day?
- How many cups of coffee he/she has that day?
- How many cans of soft drinks should he/she has day?
- How many regular shakes he/she should has day?
- How many regular juices he/she should has day?
- How many medium size pizzas's he/she has that day?
- How many hamburgers he/she has that day?

Exercising Decisions

- How many cheeseburgers he/she has that day?
- How many meat burgers he/she has that day?
- How many pies he/she has that day?
- How many ice cream cones he/she has that day?
- How many medium sized fries from McDonalds he/she has that day?
- How many cookies he/she has that day/
- How many bags of chips he/she has that day?
- How many chocolates he/she has that day?

- How many 15 minute sessions of cycling he/she do that day?
- How many 15 minute sessions of running he/she do that day?
- How many 15 minute sessions of rowing he/she do that day?

Scoring

This simulation is all about how you can help the obese teenager maintain a balance diet, keep him/her motivated as well as lose weight. You will make a decision on his unhealthy food and drinks intake and the exercising he does everyday and at the end of the week you will get the result on whether he lost or gained weight.

Next Steps

Rather than spend too long thinking, get into some planning, and put in your best ideas on the Strategic Planning sheet. You have some flexibility in the first two periods to lay out a plan. You can test your decisions and results using the Current Projections section, and you may also test a longer term strategy by rolling over in Offline mode before you save your decisions to the server. Learning by doing is the quickest and most enjoyable way to learn.

Good luck! and now let the competition begin!

PLANNING TEMPLATE (Write down your plan here and then also in the Strategy Template in the Sim.)		
		Plan
Food/drinks Decisions	<ul style="list-style-type: none"> • Tea • Coffee • Soft drinks • Shakes • Juices 	

The Small Restaurant Simulation

	<ul style="list-style-type: none">• Pizza• Hamburger• Cheeseburger• Meat burgers• Pies• Ice cream• Fries• Cookies• Bag of chips• Chocolates	
Exercising	<ul style="list-style-type: none">• Cycling• Running• Rowing	