

ใบกิจกรรมที่ 1.1

Anyone can use the information.

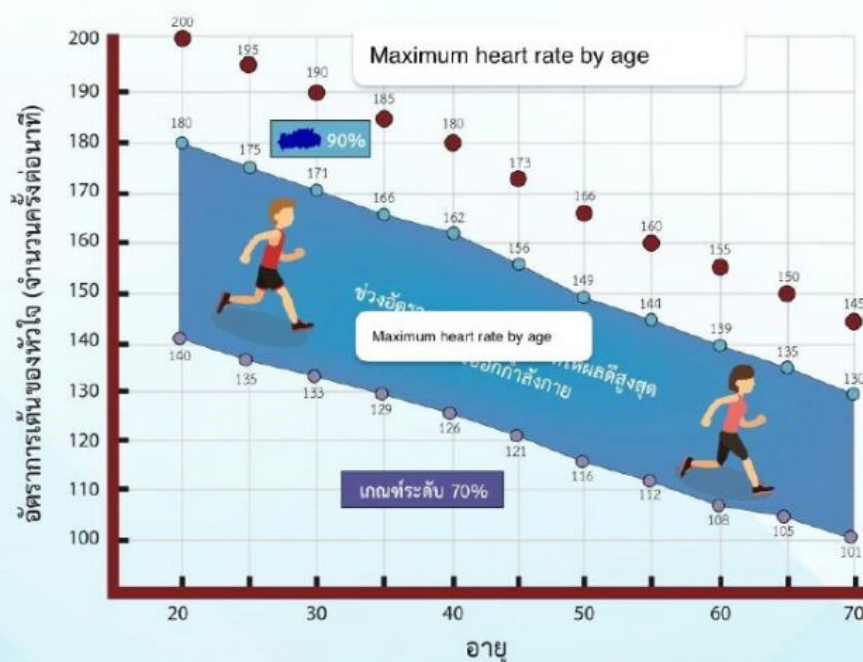
- 1 ชื่อ-สกุล _____ เลขที่ _____
- 2 ชื่อ-สกุล _____ เลขที่ _____
- 3 ชื่อ-สกุล _____ เลขที่ _____
- 4 ชื่อ-สกุล _____ เลขที่ _____

Read the following situations related to the use of information and answer the questions.

“Java has a problem with obesity. and want to lose weight by running around the school field every day But it appears that the weight is still the same.”



Java is searching for information. and found the data as shown in the graph which is the result of research studies and analyzing the secondary data collected by Phi Phi Zhu Dukbeb, it was found that the activities that benefit the health of the snake will be stupid until the Heart rate is between 70-80% of your maximum heart rate and you must run for at least 30 minutes.



*ผู้ออกกำลังกายเริ่มต้นไม่ควรเกินระดับ 80% ของ MHR

- 1 what information from the above situation to help Java develop its own running

- 2 If students want to lose weight and using the data from the graph above You should be running at a heart rate of beats/minute, so it is equal to 70% of your maximum heart rate.

- 3 Have students test with real running. Or find out more about what pace or cadence running will bring your heart rate to between 70-80% of your maximum heart rate and record the data in the following table.

Maximum heart rate (MHR)	running style
50% ของ MHR = <input type="text"/> Times/minute	
60% ของ MHR = <input type="text"/> Times/minute	
70% ของ MHR = <input type="text"/> Times/minute	
80% ของ MHR = <input type="text"/> Times/minute	
90% ของ MHR = <input type="text"/> Times/minute	
100% ของ MHR = <input type="text"/> Times/minute	



Note: Heart rate measurement Students may use a fitness wristband (fit-ness tracker) or if they do not have a health wristband. Take the pulse on the wrist or under the ear for 6 seconds, count the number of pulses and multiply by 10 to get the heart rate.

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Each group chose one member, and then inquired about the wishes of the other whether they wanted to reduce water or improve themselves. Digging up these exercises and developing a health program that guides people through exercise, exercise, and food. That said, the exercise advice program will consist of

- ▶ suitable exercise zone and information on calories, fat, carbohydrate or protein metabolism

Running at heart ratetimes/minute

by running in a manner.....times/minute

Can burn calories/minute

use fat.....%

use carbohydrates.....%

use protein.....%

- ▶ Foods that should be eaten in 1 day (3 meals), specifying the composition of each nutrient, such as fat, carbohydrates or protein, how many percentages are there?

breakfast

composition of nutrients

lunch

composition of nutrients

dinner

composition of nutrients



Note: Additional information to help with calculations. Contains calorie information. and energy value data for doing activities The details are as follows.

- 5 Presenting a health love program that is made for friends in the group. By using the information in 1-3 and designing a presentation in a format that is easy to understand.

Healthy love program