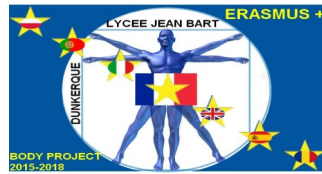


ERASMUS + BODY : lycée Jean Bart ( France)

A.M2: The importance of maths in the care of the body/ healthy eating menu: energy calculations (students 15 to 18 years)



Calories needed each day for boys and girls

Not active: 2000-2400kcal/ 1800kcal

Active: 2400-2800kcal/2000kcal

Very active: 3200kcal/ 2400kcal

**MONDAY**

**TOTAL ENERGY: 1079Kcal**

**Boys: ±38%**

**Girls: ± 53%**

Drink: water → 0 kcal

Starter: Cheese puff pastry, Sausage/tomatoes and bread → 384kcal

Main course: potatoes browned, sausages knock and ketchup → 538Kcal

Dessert : cream donut → 157kcal



**TUESDAY**

**TOTAL ENERGY: 1095Kcal**

**Boys: ±39%**

**Girls: ± 55%**

Water → 0kcal

Pate/ carrots and bread → 190kcal

Couscous chicken/merguez → 527kcal

Yogurt and vanilla lightning → 378kcal



**THURSDAY**

**TOTAL ENERGY: 1339Kcal**

**Boys: ±47%**

**Girls: ± 66%**

Water → 0kcal

Pepper pate small pizza and bread → 439kcal

Fried potatoes, sausages and mayonnaise → 580kcal

Chocolate éclair → 320kcal



**FRYDAY :**

**TOTAL ENERGY: 790kcal**

**Boys: ±25%**

**Girls: ± 39%**

Nems ,rawnesse and bread → 195kcal

Chinese noodles/fried vegetables /peking duck → 228kcal

Pine apple/grapefruit/chinese cake → 367kcal

Chinese New year

