



When the amount of energy **consumed** is **greater than** the amount of energy **used**, we **gain weight**. Excess energy is stored in the body as fat.

The rate at which we use energy varies depending on how active we are, and on our individual metabolism.

## Are your energy consumption and activity in balance?

Think about your physical activity and your diet over the past week.

- Do you know what the recommended food and activity guidelines are for a person of your age?
- Do you think you are eating well and doing enough physical activity?
- How do you think you compare with other teenagers in the Cook Islands?



Answer the questions in the following table to find out.

Question	Options	Your answer	What do you think the guidelines for health should be?	What do you think a typical teenager should be doing/eating?
1. How many <b>servings of fruit</b> (fresh, frozen or canned with no added sugar) do you eat on an average day?	A. None B. 1–2 servings C. 3–4 servings D. 5 or more servings			
2. How many <b>servings of vegetables</b> (fresh, frozen or canned) do you eat on an average day?	A. None B. 1–2 servings C. 3–4 servings D. 5 or more servings			
3. How much time, on average, do you spend doing moderate to vigorous exercise (e.g. brisk walking) each day?	A. 0–30 minutes B. 30–60 minutes C. 60–90 minutes D. Over 90 minutes			
4. How many sugar-sweetened drinks (fizzy soft drinks, fruit drinks, energy and sports drinks and flavoured milk) do you drink in an average week?	A. None B. 1–3 drinks C. 4–6 drinks D. 7 or more drinks			

## Recommendations for Health

- The World Health Organization has recommendations for food and physical activity for people of different ages.
- The recommendations are based on evidence and are designed to support health and wellbeing.
- Research conducted in different countries explores the diet and lifestyle behaviours of people at different stages of life: childhood, adolescence, adults and older adults.



Compare your typical diet and lifestyle behaviours with the health recommendations and the research evidence about the typical behaviour of 12-18 year-old Cook Islanders and 15-19 year-old New Zealanders. You may wish to record a personal assessment or goal for your personal diet and lifestyle. (This is not for your teacher or peers unless you want to share and discuss it).

Recommendations for health* 5-17 year-olds	Cook Islands: Behaviour of 12-18 year-olds**	New Zealand: Behaviour of 15-19 year-olds***	My personal assessment; and/or My personal goal for health
1. Eat at least two servings of fruit every day.	56% of young people eat at least two servings of fruit every day.	60% of young people eat at least two servings of fruit every day.	
2. Eat at least three servings of vegetables every day.	31% of young people eat at least three servings of vegetables every day.	40% of young people eat at least three servings of vegetables every day.	
3. Every day, do 60 minutes or more of moderate to vigorous physical activity.	20% of 12-18 year olds achieve the recommended 60 minutes of physical exercise every day.	The average 15-19 year old spends 46 minutes a day doing moderate to vigorous physical activity.	
4. Limit sugary drinks (fizzy soft drinks, fruit drinks, energy and sports drinks and flavoured milk) to less than three servings per week.	60% of 12-18 year olds drink at least one carbonated soft-drink every day.	11.5% of 15 to 19 year olds drink fizzy or soft drinks seven or more times a week. 3.7% had energy drinks five or more times a week.	

\*Health recommendations are from the World Health Organization

\*\* Cook Islands data is taken from the Cook Islands Global Health survey 2010.

*Cook Islands Ministry of Health. Cook Islands Global Health Survey 2010 report; Cook Islands; 2014*

\*\*\*New Zealand data is taken from the National Survey of Children and Young People (2008-2009)

*Clinical Trials Research Unit, University of Auckland. A national survey of children and young people's physical activity and dietary behaviours in New Zealand: 2008/09: key findings. Auckland: University of Auckland; 2010.*