

Practice Paper #01-AI-ER-MS

Extended Response

11. Write a brief article for a school newspaper in which you inform people your age about balancing their food intake with their level of physical activity. Include in the article the reasons why it is important to balance food intake and physical activity. Also include reliable resources that a young person could turn to for information on how to balance food intake and physical activity. Explain why each resource is reliable.

Hello my fellow classmates! I was asked to teach you about balancing your diet and level of physical activity. We all want to be fit right. You can by eating nutritional foods and exercising. Yes you can still eat a little junk food once in awhile. This is important to do so you don't get any eating disorders like obesity, anorexia or bulimia. Also, so you won't have high cholesterol and blood pressure. Your pediatrician is someone you can talk to if you have any questions on your nutrition. He will tell you the truth and could even help you if you need it. Another reliable resource would be your parents. They almost always are honest with you and they are usually around you a lot. They have also been around longer than you have.

Practice Paper #02-AI-ER-MS

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If you're one of the many sports-active people in our school, you should make sure you're balancing your food intake with your level of physical activity. Really, it's not that hard and it will benefit you greatly in your sport. If you eat too much and exercise too little, you will begin to gain excess weight and lose stamina and physical endurance. If you eat too little and exercise too much, you will lose energy and become weaker overall due to malnourishment. The best thing to do is stick to your four food groups and develop a routine exercise schedule. You could always check with gym leaders, coaches, or doctors to find out the most effective ways to balance everything out.

Practice Paper #03-AI-ER-MS

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Balancing one's food intake and physical activity is very important for people my age. Having too much fat and sugar in your diet can be harmful to your health. Physical activity is important so you can work off some excess calories. Also, physical activity gets your heart going and generally makes one feel much better. If one has a question about their current diet and how they can improve their diet, they can turn to a local dietician for help. A registered dietician is usually a very trustworthy and reliable source for answers to one's diet needs.

If one has questions regarding physical activity, they could go to their local fitness gym or even their physical education teacher. A gym can give you helpful hints to help increase your physical activity, and could also offer their facilities to you to exercise on. Your gym teacher, also a reliable source, can tell you the physical activity rate of someone your age, and they can give exercises for you to try to increase your physical activity.

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If you feel you have eaten an excess amount of food one day, then maybe you should increase your physical activity. One shouldn't forget, though, that food is essential for good health. It is generally not a very good idea to perform physical activity on an empty stomach. Food provides carbohydrates and protein which help produce energy. Energy is essential in performing physical activity. If one performs physical activity the whole day, or extreme activity for an extended period of time, one could use up all of your bodies nutrients and it would be a necessity to eat a well balanced meal after physical activity.

TIME

Practice Paper #04-AI-ER-MS

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many teenagers do not eat the necessary minerals they should. Others skip the most important meal of the day, breakfast, which supplies energy for the entire day.

It is extremely important to eat right and exercise often. People who don't eat the right nutrients have a disability in athletics and in the classroom. Heart Disease, the number one cause of death in the U.S., is caused by bad eating habits and little exercise.

If you believe you have a disadvantage because of your eating habits you can contact your doctor or a registered dietitian. A dietitian's job is to set up healthy diets and exercise plans.

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Nowadays many kids and adults aren't exercising enough. The more that you exercise, the more that you should eat. Also, the more junk food that you eat, the more you should exercise. If you don't exercise and you eat a lot, you would gain weight and you would become unhealthy. Many people that don't exercise a lot or even at all, then they shouldn't eat too much because they will become overweight more easily. A reliable source for a young person to turn to for information on how to balance food intake and physical activity would be either a dietitian or a doctor because they know what is best for your health.

Practice Paper #06-AI-ER-MS

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People at our age level think that we'll live forever and that our health is not a concern. Imagine being at extreme obesity five years from now. Imagine not being able to play basketball because of the fact you're not in shape. Imagine having a heart attack at age eighteen because you have high cholesterol. All of the problems can be avoided by taking care of yourself now and staying fit.

Stay healthy. You might think you are, but are you really? Everybody should balance their food intake according to their physical activity. By doing this you will better your health and maybe even live longer just altogether. Staying healthy benefits you in every

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away

There are many places and resources you can turn to for more information on this subject. Some include registered dietitians, health trainers, gyms, the internet, cardiologists, and many more. The registered dietitians have been specialized in this field, as well as the health trainers. Gyms have people there who share my opinion and will be able to help also. The internet, if properly searched for, will give information also. Lastly, cardiologists would be more than happy to tell you information because that's his job and goal - to keep people healthy.

In conclusion, staying healthy is your best bet. But don't just take my word for it. There are many sources out there that can give you more information about this matter.

Practice Paper #07-AI-ER-MS

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It is important to balance your food intake with your level of physical activity. Balancing them will keep you healthy and fit. If you get too much food, you won't be able to burn it all off and become fat. If you exercise too much you will run out of energy too quickly and you will lose muscle mass. To find out how much food and exercise you need, contact a dietitian. They will find out the right amount of food and exercise you need per day. Also, ask your doctor about ways to stay in shape.