

2 THE LONG DAY

Estimate the following and show your working.

- a** How far you walk, in steps, around the classroom each day.
- b** How much you drink, in millilitres, each day.
- c** How much you eat, in grams or kilojoules, each day.



- d** How many minutes you talk on the phone each day.
- e** How many texts or emails you send each day.

- f** How many times you stand up and sit down at school each day.
- g** How many times you blink in 5 minutes.



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