**Irish Workshop- French Mobility**

**Topic: Mathematics through cooking**

During the Celtic tiger in Ireland the Breakfast roll became the most popular breakfast amongst the construction industry. A song was even written about it

Well I wake up, in the morning, and I jump straight outa bed  
I grab a hould of me luminous jacket and shake off me ould porter head  
I haven't time for the fancy breakfast or put muesli in the bowl  
I just head to the Statoil garage for the jumbo breakfast roll

Two eggs, two sausages, two rashers, two bacon, two pudding, one black, one white   
All stacked like a tower on top of each other and rolled up good n' tight   
If yer havin some tae the milk's over there, you'll find sugar in the bowl  
Says she do ya want some sauce on that? Says I, I do in my . . . roll

Now whether you're a chippy or a plumber or a brickie or a team just down the road  
Or a shower of lads coming back from the raz in the crowd or on your own  
If you're working up a ladder or peeling a pigs bladder or find yourself digging in a hole  
There's no sight better, than melting butter, on jumbo breakfast roll

(repeats the chorus)

Now just the other day, after me roll and tae in me gut I got an awful ache  
Well I went to me doctor say's he that's an artery blocker you're a having every morning for break  
So to change me lifestyle he has me walking five mile and seeing a dietitian called Noel  
But hanging from me head to see two runny eggs and a jumbo breakfast roll

(repeats the chorus)

SAD VERSE  
Now the years have moved on, and my life has changed  
And now I'm a different man, I'm after losing three stone  
Doing line with a girl called Joan, and we're both veg-it-tare-i-an  
Now my blood stream levels are good to go, and my cholesterol is low  
But in the morning I'd sell my soul  
Just to sit outside any Maxol, Emo, Shell, Statoil forecourt  
And eat a jumbo breakfast roll

Here you are going to cook this common and well-loved Irish meal. **Would you like to calculate the Kilojoule count in this meal depending on your preference of filling??!!!!**

**If you have time would you like to compare it to your daily recommended allowance, and possibly see how you could use those joules?????**

**Food: Irish breakfast roll.**

**Ingredients – KJ Value per 100 gram.**

Black pudding – 1185KJ

White pudding – 899KJ

Sausages - 1206KJ

Fried egg – 789KJ

Butter – 8400KJ

Ketchup – 456KJ

Baguette – 1096KJ

Rashers – 943KJ

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| **Image result for breakfast rollFood** | **C:\Users\oconn\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\540A8B07.tmpWeight** | Image result for kcal  **KJ/100g** | Image result for calculations  **KJ in your roll** |
| Black pudding | 12g | 1185 |  |
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**Daily recommendations**

Teenage boy = 12500KJ per day

Teenage girl = 9600KJ per day

Male adult = 8500KJ per day

Female adult = 7500KJ per day

<https://www.verywellfit.com/how-many-calories-to-lose-weight-3495659>

**How long do you spend a day doing the following?**

|  |  |  |
| --- | --- | --- |
| **Activity** | **Minutes/day** | **KJ used (minutes x KJ/min)** |
| Getting wash and dressed |  |  |
| Walking |  |  |
| Doing school work |  |  |
| Playing sports |  |  |
| Sleeping |  |  |

**How many KJ do you need a day? when:**

Getting washed and dressed uses 15KJ/min

Walking uses 13KJ/min

Completing school work uses 10KJ/min

Playing sports uses 67KJ/min

Sleeping uses 5KJ/min

**For a prize can you name the other unit commonly used on food labels??? The imperial unit for KiloJoules**

**Irish Workshop- French Mobility**

**Topic: Mathematics through cooking**

Pendant le tigre celtique en Irlande, le petit déjeuner rouleau est devenu le petit déjeuner le plus populaire parmi l’industrie de la construction. Une chanson a même écrit à ce sujet

Well I wake up, in the morning, and I jump straight outa bed  
I grab a hould of me luminous jacket and shake off me ould porter head  
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All stacked like a tower on top of each other and rolled up good n' tight   
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Or a shower of lads coming back from the raz in the crowd or on your own  
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(repeats the chorus)

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(repeats the chorus)

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Now my blood stream levels are good to go, and my cholesterol is low  
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Just to sit outside any Maxol, Emo, Shell, Statoil forecourt  
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Ici, vous allez faire cuire ce repas irlandais bien aimé et usuel. **Vous souhaitez calculer le nombre de Kilojoule dans ce repas selon votre préférence de remplissage ?? !!!**

**Si vous avez le temps vous voulez comparer à votre apport quotidien recommandé et éventuellement de voir comment vous pouvez utiliser ces joules ???**

**Food: Irish breakfast roll.**

**Ingredients – KJ Value per 100 gram.**

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**Recommandations quotidiennes**

Adolescent = 12500KJ par jour

Adolescente = 9600KJ par jour

Homme adulte = 8500KJ par jour

Femme adulte = 7500KJ par jour

<https://www.verywellfit.com/how-many-calories-to-lose-weight-3495659>

**Combien de temps passez-vous une journée à faire ce qui suit?**

|  |  |  |
| --- | --- | --- |
| **Activity** | **Minutes/day** | **KJ used (minutes x KJ/min)** |
| Se laver et s'habiller |  |  |
| En marchant |  |  |
| Faire des travaux scolaires |  |  |
| Faire du sport |  |  |
| En train de dormir |  |  |

 **De combien de KJ avez-vous besoin par jour? quand:**

Getting washed and dressed uses 15KJ/min

Walking uses 13KJ/min

Completing school work uses 10KJ/min

Playing sports uses 67KJ/min

Sleeping uses 5KJ/min

**Pour un prix, pouvez-vous nommer l’autre unité couramment utilisée sur les étiquettes des aliments ??? L'unité impériale en kiloJoules**

**Irish Workshop- French Mobility**

**Topic: Mathematics through cooking**

Durante el tigre celta en Irlanda el desayuno rollo se convirtió en el desayuno más popular entre el sector de la construcción. Incluso fue escrita una canción sobre ella

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Aquí vas a cocinar esta comida irlandesa común y muy querida. **¿Le gustaría calcular la cantidad de Kilojoule en esta comida dependiendo de su preferencia de llenado?**

**Si tiene tiempo, ¿le gustaría compararlo con su cantidad diaria recomendada y posiblemente ver cómo podría usar esos julios?**

**Food: Irish breakfast roll.**

**Ingredients – KJ Value per 100 gram.**

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**Recomendaciones diarias**

Adolescente = 12500KJ por día

Adolescente = 9600KJ por día

Hombre adulto = 8500KJ por día

Mujer adulta = 7500KJ por día

<https://www.verywellfit.com/how-many-calories-to-lose-weight-3495659>

**¿Cuánto tiempo te pasas al día haciendo lo siguiente?**

|  |  |  |
| --- | --- | --- |
| **Activity** | **Minutes/day** | **KJ used (minutes x KJ/min)** |
| Lavarse y vestirse |  |  |
| Para caminar |  |  |
| Haciendo el trabajo escolar |  |  |
| Hacer deporte |  |  |
| Dormido |  |  |

 **¿Cuántos KJ necesitas al día? cuando:**

Getting washed and dressed uses 15KJ/min

Walking uses 13KJ/min

Completing school work uses 10KJ/min

Playing sports uses 67KJ/min

Sleeping uses 5KJ/min

**Para un premio, ¿puedes nombrar la otra unidad comúnmente utilizada en las etiquetas de los alimentos? La unidad imperial para KiloJoules.**

**Irish Workshop- French Mobility**

**Topic: Mathematics through cooking**

Tijekom keltskog tigra u Irskoj doručak je postao najpopularniji doručak u građevinskom sektoru. Čak je i pjesma pisana o njoj

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Ovdje ćete kuhati ovaj uobičajeni i dobro voljeni irski obrok. **Želite li izračunati Kilojoule count u ovom jelu, ovisno o vašoj želji za punjenje ?!**

**Ako imate vremena, želite li ga usporediti s vašom dnevnom preporučenom dozvolom, a možda ćete vidjeti kako možete upotrijebiti te joules ?????**

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**Ingredients – KJ Value per 100 gram.**

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**Dnevne preporuke**

Tinejdžer = 12500KJ po danu

Tinejdžerica = 9600KJ po danu

Muška odrasla osoba = 8500KJ po danu

Odrasla odrasla osoba = 7500KJ po danu

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**Koliko dugo provodite dan slijedeći?**

|  |  |  |
| --- | --- | --- |
| **Activity** | **Minutes/day** | **KJ used (minutes x KJ/min)** |
| Dobivanje pranja i odjeće |  |  |
| Hodanje |  |  |
| Raditi školski rad |  |  |
| Igranje sportova |  |  |
| Spavanje |  |  |

 **Koliko vam KJ treba jedan dan? kada:**

Getting washed and dressed uses 15KJ/min

Walking uses 13KJ/min

Completing school work uses 10KJ/min

Playing sports uses 67KJ/min

Sleeping uses 5KJ/min

**Za nagradu možete li nazvati drugu jedinicu koja se obično koristi na etiketama hrane? Carska jedinica za KiloJoules**