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Quarterly Problem - Science Edition -Chocolate diet?

Will eating chocolate make me gain weight?

This problem will encourage students to think of various scientific concepts, laws and ideas such as:

- The law of conservation of energy.
- The calorific content of food.
- How the body metabolises food.
- An estimate of the amount of energy used.
- What happens to excess calories consumed.

It can also be extended to include discussions related to exercise, nutrition and so on.



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