

Andy is preparing to cycle from Land's End to John o'Groats.

He will undertake some training rides before the big ride.

1. Andy is planning a short training ride.

He wants to take either bananas **or** cheap cereal bars with him as on-the-road snacks.

**How many bananas would he need to take, to minimise the calorie deficit at the end of his ride? How many cheap cereal bars?**

*(The calorie deficit is the difference between the calories Andy uses during his cycle ride, and the calories he consumes before and during the ride.)*

2. After his training rides, Andy is ready to cycle from Land's End to John o'Groats.

**How many days will it take?**

Work out some of Andy's different options for carrying and consuming on-the-road snacks and drinks.

**How can he maximise his consumption while cycling?**

Together with his meals, can he consume enough calories each day so that he doesn't lose any weight?

**How much of his calorie intake will need to be provided each day through off-the-road snacks?**