Calories, Calories, Calories!

We have recently been discussing nutrition and calories in class. You have seen in the movie "Supersize Me" some of the terrible things that can happen to your body if you do not follow a healthy diet!

You may have seen on nutrition labels of the foods you eat, "Based on a 2,000 Calorie per day diet." But how many Calories do *you personally need* each day? Today you will be doing some research about Calories – what they are and what they do. Then, you will be determining <u>your</u> ideal Caloric intake per day.

Go to the websites below to answer the following questions:

http://health.howstuffworks.com/calorie.htm

1. What could you do with the energy contained in:
   a) 5 pounds of spaghetti?

   b) 1 piece of cherry cheesecake?

   c) 217 Big Macs?

2. A calorie is the amount of _____ or _____ required to raise the temperature of _____ gram of _____ by _____ degree Celsius.

3. Calories on food packages are actually _____. (How many "scientific" calories is this? _____)

4. A gram of carbohydrates contains _____ Calories.

5. A gram of protein contains _____ Calories.

6. A gram of fat contains _____ Calories.

7. Suppose a package of oatmeal contains 160 Calories. If you were ignite and completely burn your package of oatmeal, it would release some energy. If this energy was used to heat up some water by 1 degree Celsius, how much water could it heat?

8. When our bodies burn calories, enzymes break down the components of your food.
   a) Carbohydrates are broken down into _____.
   b) Fats are broken down into _____.
   c) Proteins are broken down into _____.

9. What are the five things that affect how many Calories your body needs?

10. What are the three things used to calculate how many Calories your body needs each day?

11. What does "basal metabolic rate" (BMR) mean?

12. What percent of your Calorie intake is burned because of your BMR?

13. Name two things your body is doing while it is burning your calories because of your BMR.

14. Name two things you may be doing to burn your calories through physical activity.

15. What does the term "thermic effect of food" mean?

16. What percent of your calorie intake is burned because of the thermic effect of food?

17. Suppose you gain 1 pound of fat. How many extra calories must you have eaten to account for this pound?

18. How long after exercising does your metabolism continue to burn calories?

19. The USDA believes that _____ percent of your daily calories should come from fat, while many nutritionists believe that only _____ percent of your daily calories should come from fat.