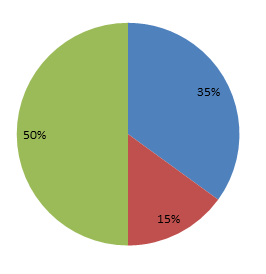
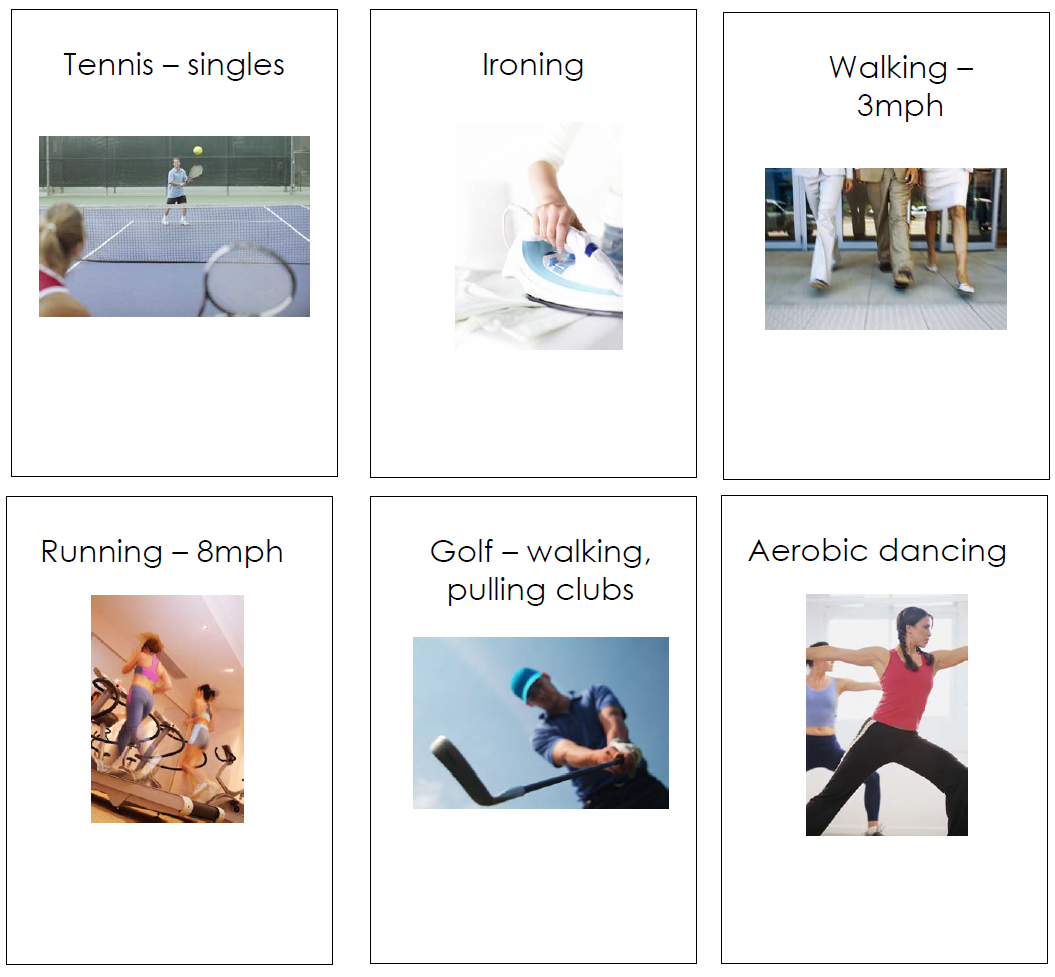
Energy worksheet

1. Fill in the names of the macronutrients for each of the recommended energy intakes.



1. List these in order of least to most energy used. (1 = least, 6 = most)



1. Why does the body need energy?
2. List five reasons why someone’s energy needs might change over their life.

1.

2.

3.

4.

5.

1. How many kilocalories per gram do each of these provide
2. Carbohydrate
3. Fat
4. Protein
5. Alcohol
6. What is the recommendation for being active for:
7. children
8. adults