

KEY

How many calories does a large caramel iced coffee contain?	1. 680 calories
How much time would you need to spend biking at high speed to burn off the calories of the large iced coffee if you consumed it?	2. One hour of biking
Define the term "calorie".	3. A measure of energy
What device did Wilber O'Atwater build in the late 1800's to measure the calorie content of foods?	4. Respiration Calorimeter
How did the device that Wilbur invented work?	5. Measured the amount of heat a person released, the oxygen consumed and the carbon dioxide given off
How many calories do carbohydrates, proteins and fats each have per gram?	6. Carbohydrates= __4__ calories /gram Proteins= __4__ calories/gram and Fats= __9__ calories /gram
Calorie needs are based on 3 things. What are they?	7. A. gender B. age C. activity level
What is metabolism?	8. Process of how the food that is consumed is broken down and the energy released
If we consume more calories than we use what happens?	9. We gain weight
	10. No, it depends on how active you are. An active person will have a

Is everyone's metabolism the same? Explain.	higher metabolism than a non-active person.
Basal Metabolism is responsible for what percentage of calories used by the body?	11. 70%
For the same amount of food who uses more energy?	12. A person with a HIGH or LOW metabolic rate? Circle one.
How can a person change their basal metabolic rate?	13. Yes, by exercising and by increasing muscle and decreasing fat.
What are the 3 main nutrients listed on the food label?	14. Carbohydrates, proteins and fats
According to the CDC more than one third of US adults are affected by what problem?	15. Obesity
What does the CDC cite as a cause of the problem in #15?	16. A diet too high in fat and sugar.