

Answer the following questions while viewing the clip “The Science Behind the Calorie”.

How many calories does a large caramel iced coffee contain?	1.
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.
Define the term “calorie”.	3.
What device did Wilber O’Atwater build in the late 1800’s to measure the calorie content of foods?	4.
How did the device that Wilbur invented work?	5.
How many calories do carbohydrates, proteins and fats each have per gram?	6. Carbohydrates= _____ calories /gram Proteins= _____ calories/gram and Fats= _____ calories /gram
Calorie needs are based on 3 things. What are they?	7. A. B. C.
What is metabolism?	8.
If we consume more calories than we use what happens?	9.
Is everyone’s metabolism the same? Explain.	10.
Basal Metabolism is responsible for what percentage of calories used by the body?	11.
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.
What are the 3 main nutrients listed on the food label?	14.
According to the CDC more than one third of US adults are affected by what problem?	15.
What does the CDC cite as a cause of the problem in #15?	16.