**Energy requirements quiz**

1. Why is energy important?

To keep the heart beating

To maintain body temperature

For muscle contraction

All of the above

2. Which of the following provides 9 kcals (17 kJ) per gram?

Alcohol

Fat

Carbohydrate

Protein

3. What percentage of energy is recommended to be provided by carbohydrate?

15%

35%

50%

65%

4. True or false? The average energy requirements for older adults are less than for younger adults.

True

False

5. Complete this equation. Total energy expenditure =

BMR x PAL

BMR / PAL

PAL / BMR

2 x BMR x PAL

6. Which of the following can mean energy requirements differ throughout life?

Body size

Gender

Level of activity

All of the above

7. What is the daily physical activity recommendation for children aged 2-15 years?

At least 30 minutes

At least 60 minutes

At least 90 minutes

At least 120 minutes

8. True or false? Average physical activity levels in the UK are higher than recommendations.

True

False

9. Complete this equation. BMI=

(height in m)2 / (weight in kg)

(weight in kg) / (height in m)2

(weight in kg)2 / (height in m)

(height in m) / (weight in kg)2

10. Which of the following BMI ranges shows someone in the desirable or healthy BMI range?

Under 18

18.5 to 25

25 to 30

30 to 40