**Energy worksheet**

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

 intakes.



1. List the following in order of least to most energy used.



1. Explain why the body needs energy.

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1. List 5 reasons why someone’s energy needs might change.

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1. How many kcals/gram do each of the following provide?

Carbohydrate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Protein \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Alcohol \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is someone’s total energy expenditure if their BMR = 1700 and

their PAL = 1.6?

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1. Name 3 factors that would affect someone’s BMR?

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