

ACTIVITY 3A

WHAT ARE CALORIES?

STUDENT WORKSHEET

1. Define calorie _____
2. Define active _____
3. Define sedentary _____
4. How many calories should you eat a day? _____
5. List five people in your family. Describe them by age, gender, and activity level. Use the recommendations from the National Academy of Science to decide how many calories each person should eat a day.

Name	Gender	Age	Active/Sedentary	Calories

6. Why do older people need fewer calories? _____
