

Name:

Date:

Balance Your Calories

Instructions

Discuss each question with your group and fill in your answers together.

1. What does it mean to balance your calories?

2. In general, if the calories that you eat and drink are equal to the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

3. In general, if the calories that you eat and drink are less than the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

4. If the calories that you eat and drink are more than the calories your body uses, your weight...

- Goes down
- Stays the same
- Goes up

5. How do you know if your calories in and calories out are out of balance?

6. Why do different people need to eat a different number of calories?

7. List three ways your body uses energy.

8. Which physical activity do you think requires more energy?

Walking for 10 minutes

Running for 10 minutes

Why do you think this activity requires more energy?

9. As a group, pick a physical activity our class could do together. You'll be assigned an upcoming class day to lead our class in the activity you've chosen for a few minutes at the start of class.

Our group's activity will be: _____