

Backtrack

Through Chapter 12

Activity E

Chapter 12

Name _____

Date _____ Period _____

Provide complete answers to the following questions and statements about energy balance.

Recall the Facts

1. What type of energy is stored in food? _____
2. From what three nutrient groups does the body obtain food energy? _____

3. What three factors account for the calories you expend each day? _____

4. Which internal body system is not included in the amount of energy designated for basal metabolism? _____

5. What hormone regulates basal metabolism? _____
6. What three aspects of physical activity cause an increase in energy needs? _____

7. Name five activities that would be described as sedentary. _____

8. What term refers to the energy required to get the energy from food? _____
9. What is the first step the body takes to meet its energy needs when there is not enough food energy available? _____

10. Without stating a BMI range, describe what it means to have a healthy body weight. _____

11. Why are younger women sometimes described as "pear-shaped" while older people are often described as "apple-shaped"? _____

12. What percentage of fat in the body is subcutaneous fat? _____

(Continued)

Interpret Implications

13. Explain why foods that are high in water are low in calorie density and foods that are high in fats are high in calorie density. _____

14. Why would a 150-pound member of the women's swim team burn more calories than her 110-pound teammate swimming at the same pace? _____

15. Why might someone intentionally create an energy imbalance in his or her body? _____

16. How can a small daily energy excess affect health? _____

17. Explain why the location of body fat appears to affect health. _____

Apply & Practice

18. Use the Estimated Energy Requirements chart in Appendix C to find your recommended energy intake. How does that amount compare with your recommended intake ten years ago, five years ago, five years from now, and ten years from now? Why do you think the amounts change?

 19. Explain factors that might cause your BMR and RMR to differ from that of an inactive, five-foot two-inch, 50-year-old woman. _____

 20. The 14-year-old Swanson twins, Jake and Janet, are each five feet three inches tall and weigh 130 pounds. What is the twins' body mass index? _____

- Use the body mass index-for-age percentile graphs in Appendix F to determine the weight status of each twin. How do they compare? Explain your answer.
- _____
- _____
- _____