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Lesson 6/Energy Metabolism

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ENERGY METABOLISM POST-TEST

Answer the following questions pertaining to information covered in the lesson on energy metabolism. When you have completed the assignment, answer sheets will be provided to you.

1. What is a calorie?
2. Name the three nutrients that supply calories and give number of calories supplied per gram of nutrient.
3. What are empty calorie foods?
4. List two examples of empty calorie foods.

Read the following statements. If the statement is correct, circle T. If the statement is incorrect, circle F.

- T F 5. The foods you eat release energy through a chemical process that takes place in the body.
- T F 6. Carbohydrates release more energy for fuel than either protein or fats.
- T F 7. A calorie is the unit of measure that indicates the amount of energy released from food.
- T F 8. Water is an example of an "empty calorie" food.
- T F 9. Whether you move rapidly or slowly makes little difference in the number of calories you use.
- T F 10. The total energy needs of a teenager depend on whether he is sedentary, active, or very active.
- T F 11. The number of calories needed each day depends on the amount of involuntary and voluntary activity of the body.
- T F 12. Intense mental work burns up as many calories as hard manual work does.
- T F 13. Breathing is an activity of the body that uses up calories.
14. Which group of foods gives nutrients in increasing order of calories per gram of material?
- (a) water, white bread, margarine
 - (b) white bread, margarine, water
 - (c) water, margarine, white bread
 - (d) margarine, white bread, water

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15. Circle the word that correctly completes the sentence.
A piece of cake containing 150 calories will give your body (more, the same, less) energy than a bowl of soup containing 150 calories.

16. Read the following list of foods. If a food is high in calories, write "high" in the blank space. If a food is low in calories, write "low" in the blank space.

- _____ (1) pizza
- _____ (2) apple
- _____ (3) piece of apple pie
- _____ (4) chocolate ice cream
- _____ (5) water
- _____ (6) orange
- _____ (7) margarine
- _____ (8) butter
- _____ (9) lettuce
- _____ (10) mayonnaise
- _____ (11) piece of iced white cake
- _____ (12) bag of peanuts (10-cent size)
- _____ (13) plain popcorn (one cup)
- _____ (14) sugared popcorn (one cup)
- _____ (15) baked beans

17. Using the Exchange list fill in the calories for each of the foods given in the column below.

<u>Food</u>	<u>Calories</u>
Whole Milk (one cup)	_____
Skim Milk (one cup)	_____
Cottage Cheese (1/2 cup)	_____
Butter (2 tablespoons)	_____
Hamburger Patty (3 ounces)	_____
Peanut Butter	_____
Orange (one medium)	_____
Watermelon (one wedge)	_____
Baked Beans (one cup)	_____
Corn-on-the-Cob (one ear)	_____
Biscuit (baking powder, one)	_____
Bread (one slice, white)	_____
Muffin	_____
Corn Flakes (one cup)	_____
Spaghetti (one cup, cooked)	_____

18. Name five factors that determine the number of calories your body needs for energy.

19. Write a definition for involuntary activity.

20. Which uses the greater number of calories -- involuntary or voluntary activities?

21. Write a definition for voluntary activity.

22. Name three specific activities that are voluntary.

23. How do voluntary activities affect the number of calories we need to keep weight normal?

24. If a man wishes to lose two pounds a week, his food must provide how many fewer calories each day than his body needs to maintain his present weight?

25. If an underweight girl wishes to gain one pound a week, her diet must provide how many more calories a day than her body needs to maintain constant weight?

