Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ period\_\_\_\_\_\_

**WEIGHT MANAGEMENT**

To understand how our bodies gain and lose weight we need to understand the concept of energy balance. We get energy from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

When the amount of calories we take in is equal to the energy we put out, our weight should stay the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

When the amount of calories we take in is greater than the energy we put out, we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight. We store the extra energy as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When we do not burn \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we will gain 1 pound.

When the amount of calories we take in is less than the energy we put out, we \_\_\_\_\_\_\_\_\_\_\_\_ weight because we use our stored energy, we burn fat. In order to lose 1 pound you need to burn \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories.

We get energy or calories from\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**3 main food sources that that provide calories are:**

|  |  |  |
| --- | --- | --- |
| 1. | 2. | 3 |

**How many calories does each have?**

|  |  |
| --- | --- |
| Food source | calories |
| 1 gram of carbohydrates = |  |
| 1 gram of protein = |  |
| 1 gram of fat= |  |

**Based on the above chart calculate the amount of calories in a SNICKERS candy bar given the following information.**

Snickers bar nutritional facts:

|  |  |  |
| --- | --- | --- |
| 33 grams carbohydrates | X 4 calories per gram | = |
|  4 grams protein  | X 4 calories per gram | = |
| 12 grams fat | X 9 calories per gram | = |
|  |  Add all totals  | = total calories |

**How many calories do I need?** That’s not an easy question because it depends on several factors. These factors are:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. | 2. | 3. | 4.  | 5. |

 On average most teens need between 1,800 calories & 2,200.

**How do I burn calories? 2 main factors.**

|  |  |
| --- | --- |
|  | 1.
 |

**Metabolism is :** the amount of energy we use to stay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. These are calories we burn without trying. That includes the energy we use while breathing, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & blinking.

**B M I** stands for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

BMI is a measure of body fat based on height and weight that applies to adult men & women.

When you calculate your BMI it is an indicator if you are underweight, healthy weight, overweight or obese.

There are several websites that can calculate your BMI or you can do the math yourself. If you wish to do this on your own, Google: BMI calculator and follow the instructions.

**8 FOOD TIPS FOR WEIGHT MANAGEMENT**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | 2. | 3.  | 4.  |
| 5.  | 6.  | 7. | 8. |

**Lastly, move your body &** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!!!!!!

Name\_\_\_\_\_\_\_\_\_\_Key\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ period\_\_\_\_\_\_

**WEIGHT MANAGEMENT**

To understand how our bodies gain and lose weight we need to understand the concept of energy balance. We get energy from \_\_\_\_*FOOD\_\_\_*

When the amount of energy or calories we take in is equal to the energy we put out, our weight should stay the \_\_\_\_\_\_\_*\_SAME*\_\_\_\_\_\_\_\_\_\_\_\_.

When the amount of calories we take in is greater than the energy we put out, we will \_\_\_\_*GAIN \_\_\_\_\_\_\_* weight. We store the extra energy as \_\_\_*\_FAT*\_\_\_\_\_ When we do not burn \_\_\_\_\_\_\_\_\_\_*3,500*\_\_\_\_\_\_\_\_\_ we will gain 1 pound.

When the amount of calories we take in is less than the energy we put out, we \_\_\_\_\_*LOSE*\_\_\_\_ weight because we use our stored energy, we burn fat. In order to lose 1 pound you need to burn \_\_\_\_*3,500*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories.

**3 main food sources that that provide calories are:**

|  |  |  |
| --- | --- | --- |
| 1. *CARBOHYDRATES* | 2. *PROTEIN* | 3 *FAT* |

**How many calories does each have?**

|  |  |
| --- | --- |
| Food source | calories |
| 1 gram of carbohydrates = | *4* |
| 1 gram of protein = | *4* |
| 1 gram of fat= | *9* |

**Based on the above chart calculate the amount of calories in a SNICKERS candy bar given the following information.**

Snickers bar nutritional facts:

|  |  |  |
| --- | --- | --- |
| 33 grams carbohydrates | X 4 calories per gram | *= 132* |
|  4 grams protein  | X 4 calories per gram | *= 16* |
| 12 grams fat | X 9 calories per gram | *= 108* |
|  |  Add all totals  | *= 256 total calories* |

**How many calories do I need?** That’s not an easy question because it depends on several factors. These factors are:

|  |  |  |  |
| --- | --- | --- | --- |
| *1.**AGE* | *2.**GENDER* | *3.**HEIGHT* | *4.* *ACTIVITY LEVEL* |

 On average most teens need between 1,800 calories & 2,200.

**How do I burn calories? 2 main factors**

|  |  |
| --- | --- |
| 1. *METABOLISM*
 | 1. *PHYSICAL ACTIVITY*
 |

**Metabolism is :** the amount of energy we use to stay \_\_\_\_\_*ALIVE\_\_\_\_\_\_\_\_\_\_\_.* These are calories we burn without trying. That includes the energy we use while breathing, \_\_\_\_\_\_\_*SLEEPING\_\_\_\_\_\_\_* & blinking.

**B M I** stands for: \_\_\_\_\_\_\_*BODY\_\_\_\_\_\_\_\_\_ \_\_\_\_MASS\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_INDEX\_\_\_\_\_.*

BMI is a measure of body fat based on height and weight that applies to adult men & women.

When you calculate your BMI it is an indicator if you are underweight, healthy weight, overweight or obese.

There are several websites that can calculate your BMI or you can do the math yourself. If you wish to do this on your own, Google: BMI calculator and follow the instructions.

**8 FOOD TIPS FOR WEIGHT MANAGEMENT**

|  |  |  |  |
| --- | --- | --- | --- |
| 1.***half your plate fruits and vegetables*** | 2. **half the grains you eat whole grains** | 3.**Drink fat-free or low-fat (1%) milk:** | 4. **Eat lean protein foods** |
| *5.* *Reduce salt* | *6.* *Reduce sugar* | *7.**Drink water* | *8.**Reduce fatty foods* |

**Lastly, move your body &** \_\_\_\_\_\_\_\_\_\_\_\_*EXERCISE*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**!!!!**