

## Calories and food

1. What is your favourite food? What is your guilty pleasure? What cuisine do you like?
2. What nutrients do we get from our food? Look at the chart and try to complete the information:

Group	What are they...	Found in..	Important because..
Fats			
Carbohydrates			
Protein			
Fiber			
Minerals			
Vitamins			

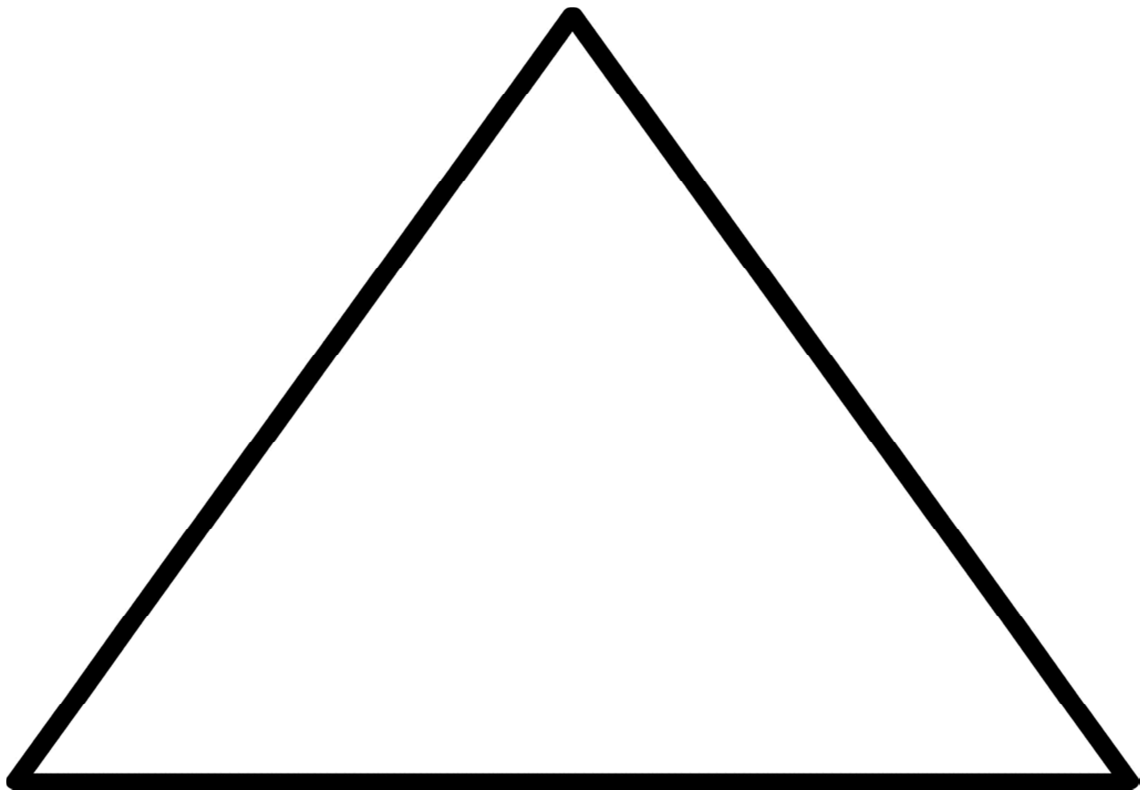
<http://www.becomehealthynow.com/category/foodbasics/>

<http://healthyeating.sfgate.com/reasons-carbohydrates-proteins-fats-vitamins-minerals-necessary-good-nutrition-3170.html>

<http://www.healthpages.org/basics-healthy-eating/need-food/>

[http://www.bbc.co.uk/schools/gcsebitesize/pe/performance/0\\_performance\\_nutrition\\_rev1.shtml](http://www.bbc.co.uk/schools/gcsebitesize/pe/performance/0_performance_nutrition_rev1.shtml)

3. We all should lead a healthy lifestyle and part of it is a healthy, balanced diet. In pairs draw a food pyramid.



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4. Apart from nutrients we also get energy from the food we eat. What is a calorie ?

A calorie .....

.....

.....

What are the calorific values of the three main components of the food we eat ?

1 gram of carbohydrates contains ..... calories

1 gram of protein contains .....calories

1 gram of fat contains ..... calories

5. Calculate the calories in one cup of large eggs, where 243 grams come from fat -24 grams, protein -31 grams, and carbohydrate- 2 grams.

6. What are "empty calories"?

7. Do you know how many calories do you need? What does the number depend on ?

To calculate your basal metabolic rate use the Harris-Benedict formula, which is the number of calories you need to be awake, but not much more than that. Then, you adjust that number by your activity level. First, determine your basal metabolic rate:

Women:  $65.5 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men:  $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

1 kilogram= 2,20 pounds    1 inch= 2,54 cm

Next, take that number and multiply it by the number that corresponds to your daily activity level:

- Sedentary (little or no exercise) - 1.2
- Lightly active (light exercise/work 1-3 days per week) - 1.375
- Moderately active (moderate exercise/work 3-5 days per week) - 1.55
- Very active (hard exercise/work 6-7 days a week) - 1.725
- Extra active (very hard exercise/work 6-7 days a week) - 1.9

The final number you have is the number of calories you need per day to maintain your current weight.

*My answer:*

<http://nutrition.about.com/od/changeyourdiet/a/calguide.html>