 **Name: Class Period:**

**ChooseMyPlate and Caloric Needs**

**3 Things our Caloric Needs are based on:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Definitions of Physical Activity Level:**

**\_\_\_\_\_\_\_\_\_\_\_\_**: lifestyle that includes only the **\_\_\_\_\_\_\_\_** physical activity

 associated with typical day-to-day life.

**\_\_\_\_\_\_\_\_\_\_\_\_:** lifestyle that includes physical activity equivalent to walking about 1.5-3 miles per had at 3-4

 mph, in addition to the physical activity associated with typical day-to-day life.

**\_\_\_\_\_\_\_\_\_\_\_\_:** lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3-4

 mph.

**What are Empty Calories?**

Foods that are\_\_\_\_\_\_\_\_ in calories, but \_\_\_\_\_\_\_\_ in nutrients.

**Things to Remember when Choosing Foods:**

 **What foods should we reduce? What should we increase?**

**What are the Six Nutrients?** *(Circle the ones that provide calories/energy)*

1. 2. 3. 4. 5. 6.

**How many calories in:**

**What happens to calories in your body when you do not burn them off as energy?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_=\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_=\_\_\_\_\_\_\_**
3. **\_\_\_\_\_\_\_\_\_\_\_\_\_=\_\_\_\_\_\_\_**