

Nutrition & Wellness for Life © 2012

Chapter 12: Energy Calculations Made Easy—Internet Activity

To be your most healthful weight, energy balance is the key. That means the energy you take in through food must equal the energy you use up through activity. Incorporating activity into your daily life may be easier than you think if you understand how activity translates to energy use.

The American Cancer Society Web site (www.cancer.org) offers some tools that can help you evaluate your energy balance. Use the link below to help you answer the activity questions that follow.

<http://www.cancer.org/Healthy/ToolsandCalculators/Index>

Activity Questions:

1. Find the "Nutrition and Activity Quiz" in the "Quizzes" tab. Take the quiz. (Note that experts recommend at least 60 minutes of exercise for teens on most days.) Describe your results on the quiz. What improvements could you make?

2. Select "Daily Caloric Needs" from the "Calculators" tab, and enter the information requested. What characteristics about an individual might make the calories you need different from the result shown?

3. Select "Body Mass Index (BMI) Calculator" from the "Calculators" tab, and enter the information requested. What does your BMI indicate about your weight?

Name _____ Date _____

4. Select "Exercise Calorie Counter" from the "Calculators" tab. On a typical day, what activities from the list would you do? How many calories do you burn for each activity? (If an activity of yours isn't listed, choose one that uses a comparable energy level.) Compute the total calories you would use on a typical day.

5. Does a person need to use exercise to burn all the calories that are consumed in a day? Explain.