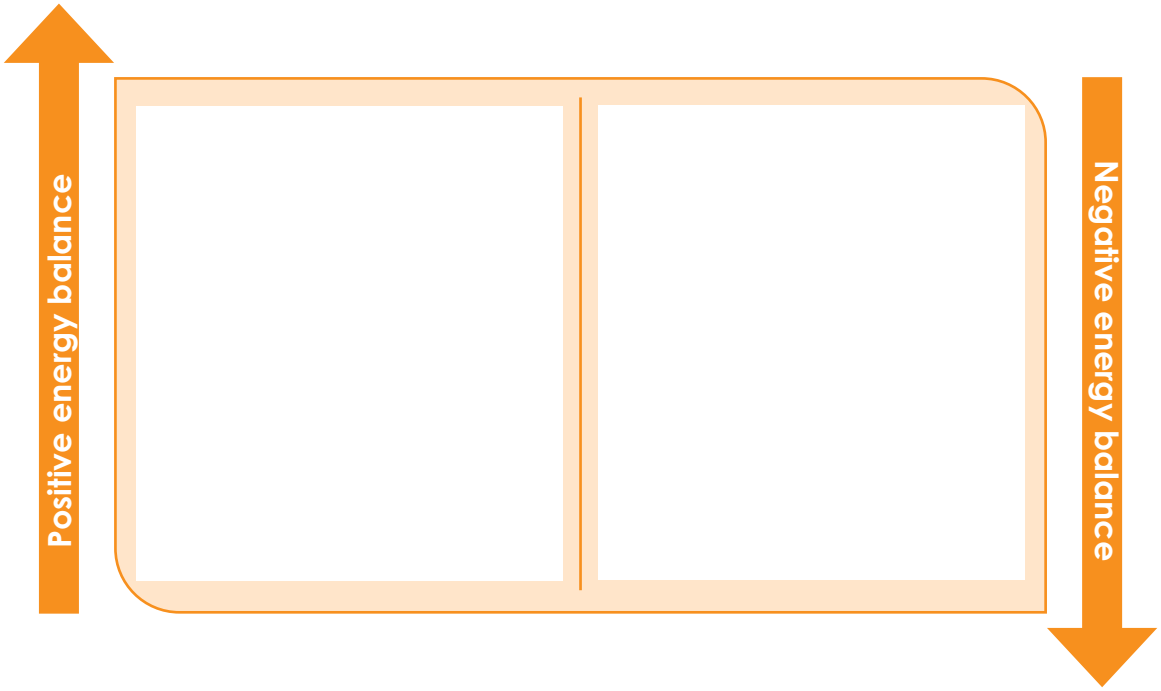
LESSON 4.2 Energy Balance, Hunger, and Appetite Note-Taking Guide

Energy Balance

1. Use the following graphic organizer to help you understand the difference between positive energy balance and negative energy balance. Compare and contrast the two terms, and identify key facts about each.

What is energy balance? _____



How You Burn Calories

2. Define metabolic rate and daily energy need.

Metabolic rate	Daily energy need

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Daily Energy Need

3. Identify the caloric needs of teenage girls and boys.

	Aged 9-13	Aged 14-18
Girls		
Boys		

Determining Your Caloric Need

4. What are the steps you should use to help yourself set a goal for your daily caloric needs? Fill in the spaces below to identify all four steps.

1. Write down the recommended range of calories you need based on your sex and age using table 4.3.
2. _____

   _____
3. _____

   _____
4. If you do more than 30 minutes of moderate or vigorous activity most days (like sports practice, dance, or cheer practice), choose the top of the range.

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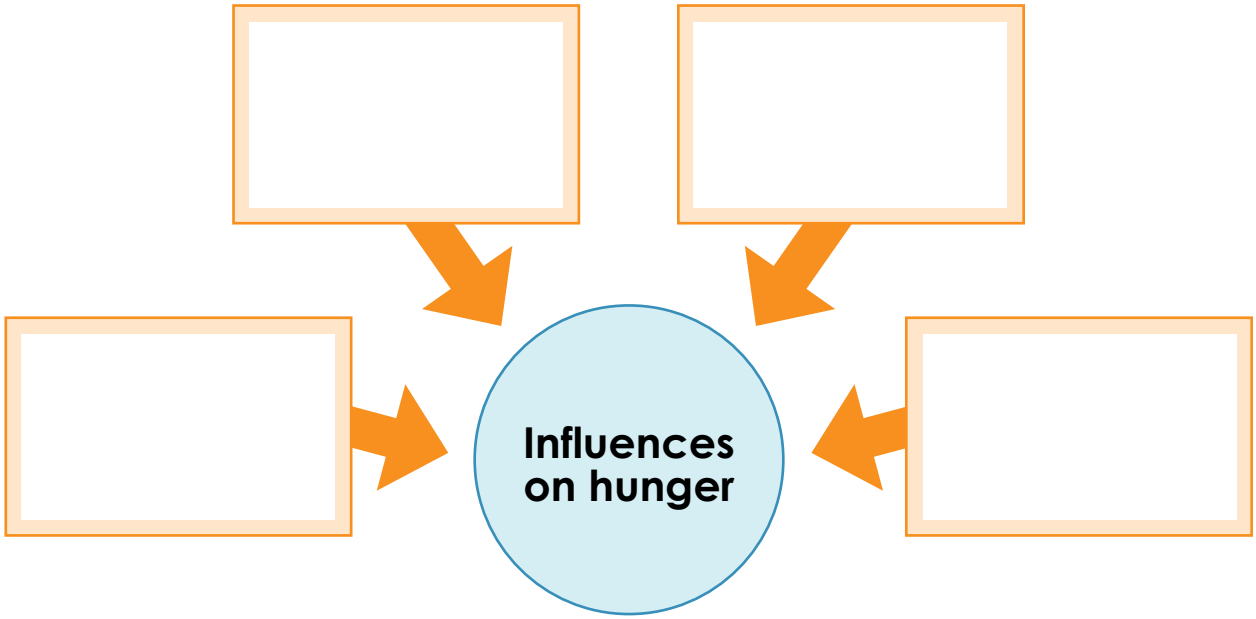
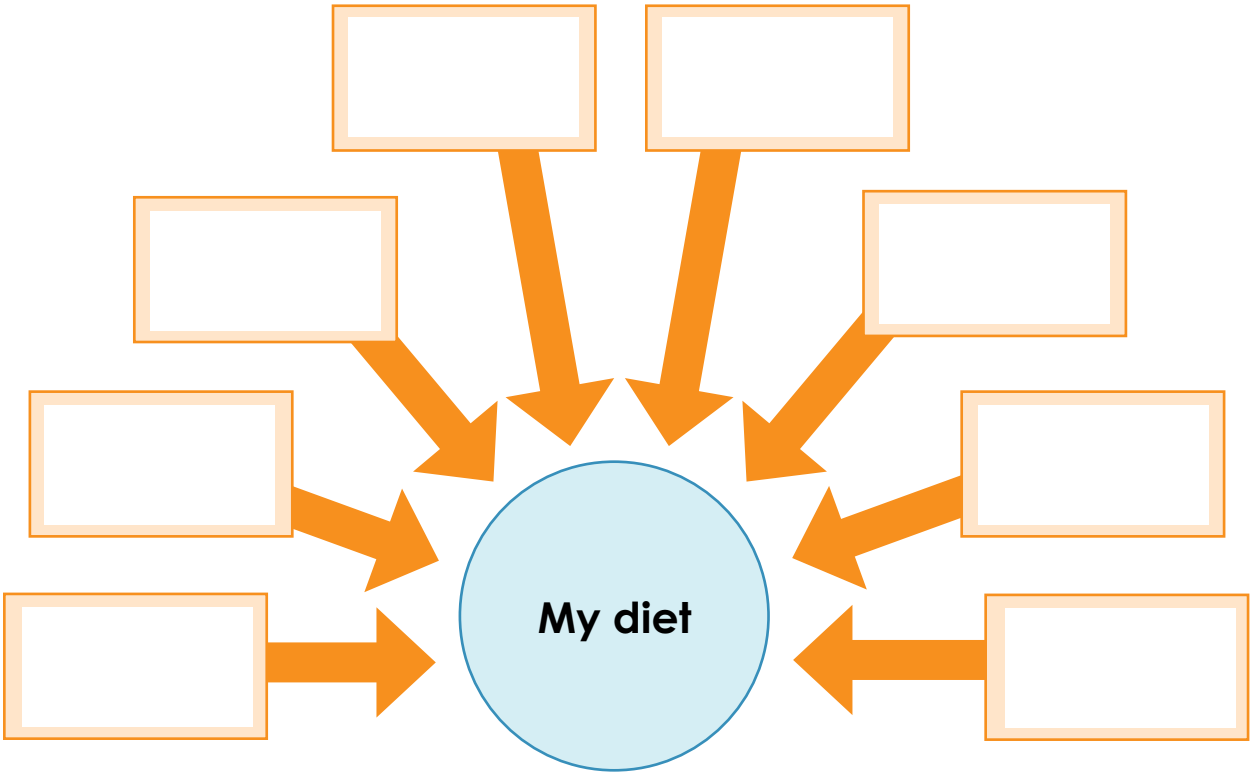
Understanding Your Hunger

5. Hunger is the communication inside your body that tells you when to eat. What can influence your hunger?



Influences on Your Appetite

6. Many things can influence your diet. Identify as many as you can that influence *your* diet. Write each influence in one of the following blank boxes.



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7. In the following space, provide a brief summary statement about how these things might influence your diet.

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