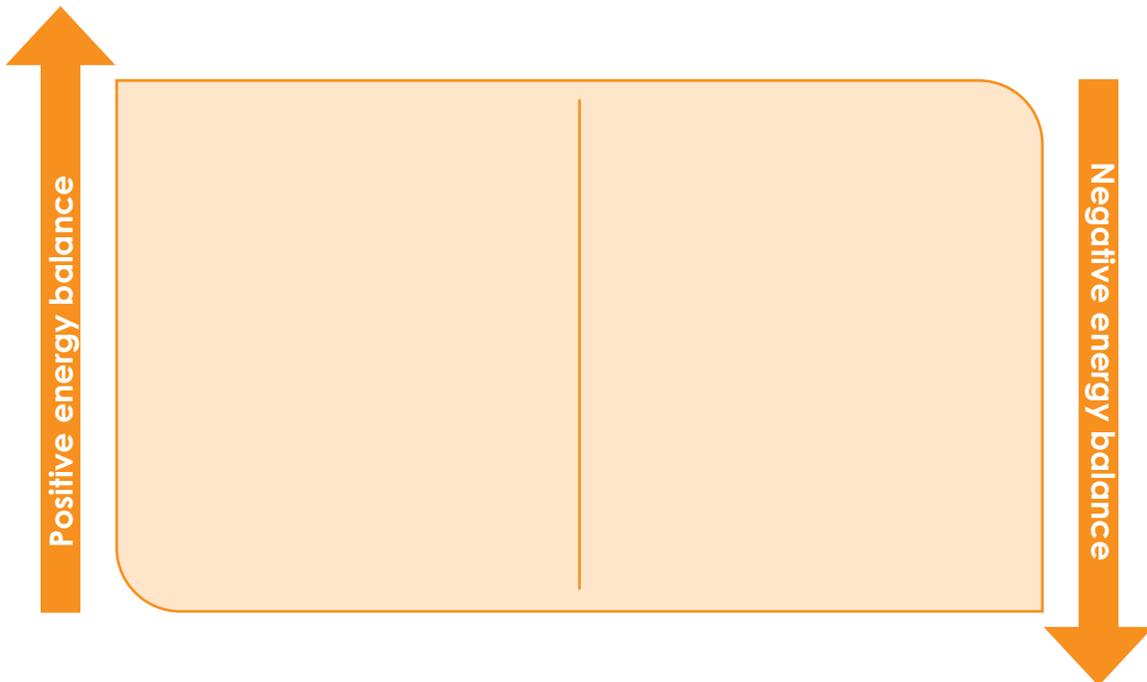


LESSON 3.2 Energy Balance, Hunger, and Appetite Note-Taking Guide

Energy Balance, Energy Input, and Energy Output

- 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? _____



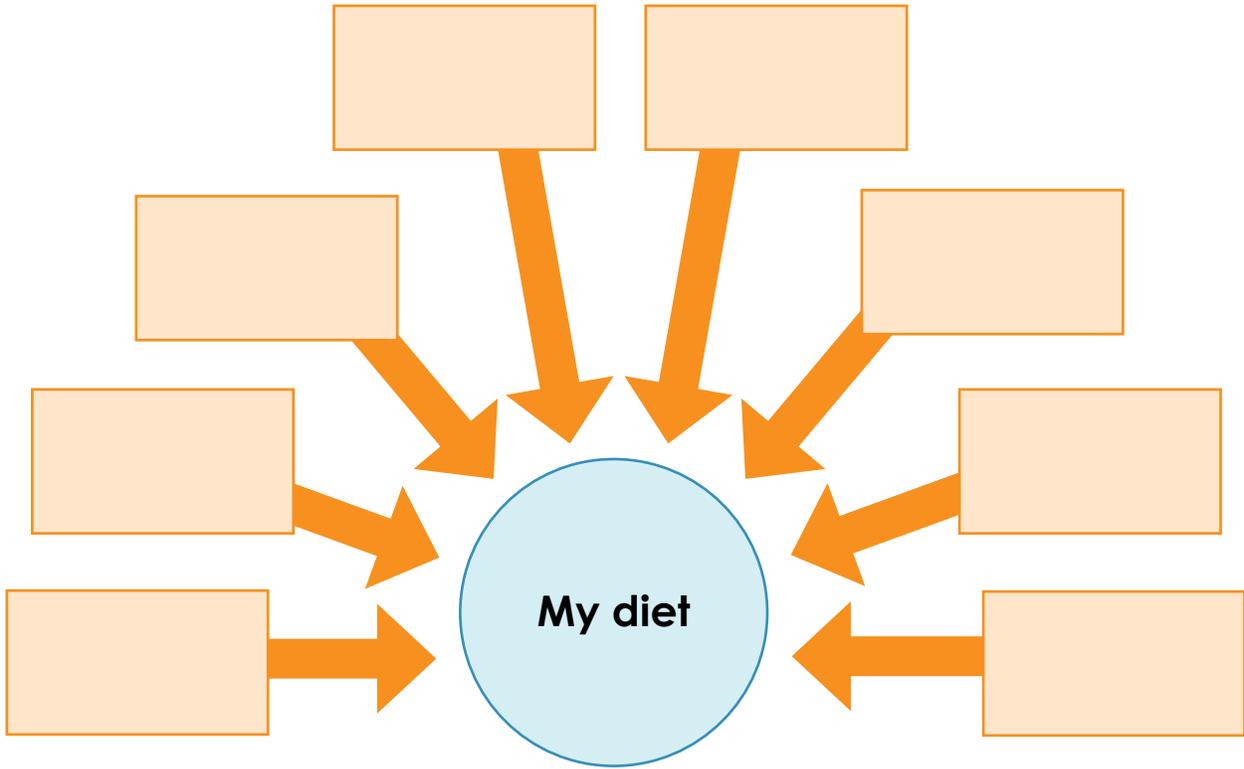
Daily Energy Needs

- 2. Identify the caloric needs of teenage girls and boys.

	Aged 9-13	Aged 14-18
Girls		
Boys		

Influences on Appetite

3. 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.



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