

CALORIE QUIZ

1. **What is a calorie?**
2. **Why do we need calories?**
3. **How many calories are in 1 gram of:**
Carbohydrate?
Protein?
Fat?
4. **If I had 3 grams of Carbohydrate, 10 grams of fat and 12 grams of protein, how many calories would I be eating?**
5. **What is the average number of calories a school-age kid needs?**
6. **Does this mean that everyone needs to have this many calories (answer from question 5)?**
Why/Why not?
7. **What happens if your body does not use all the calories you consume?**
8. **Why is this potentially dangerous?**
9. **If you don't' burn (use) all the calories you consume does this mean you will gain weight?**
Why/Why not?
10. **What helps the body burn extra calories?**