

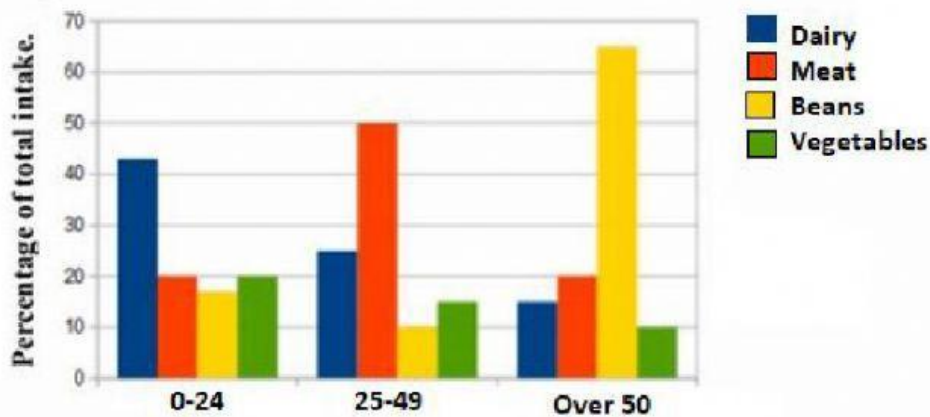
NAME: _____ DATE: _____
DIET, ACTIVITY, AGE, GENDER

1. Write TRUE or FALSE after each statement below.

- a. People always eat the same food and amount of food each day. _____
- b. A secretary's diet needs fewer calories than a construction worker. _____
- c. Growing children need more proteins than adults. _____
- d. A bedridden person needs a diet high in calories. _____
- e. Athletes need carbohydrates and proteins. _____
- f. Children are so small they hardly need any carbohydrates at all. _____

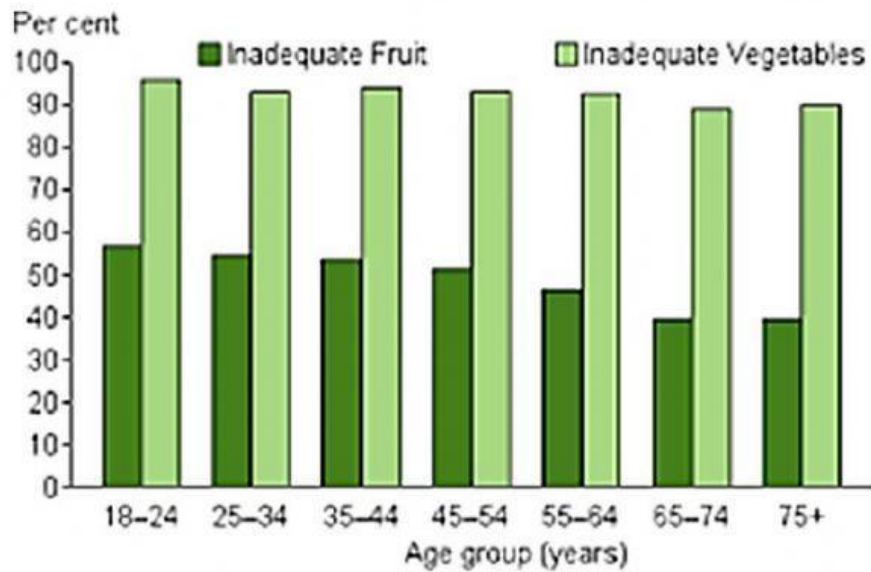
2. Look at the table below and answer the following questions.

Calorie Source for UK males at different life periods.



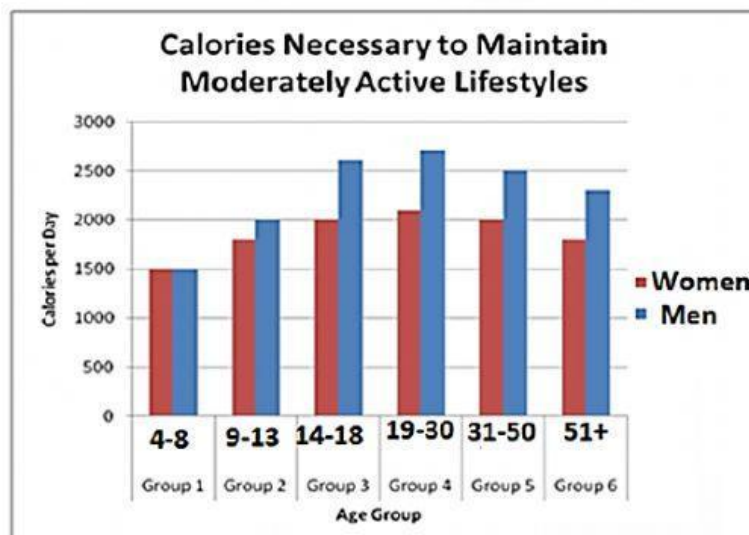
- a. Which age group eats the most dairy products? _____
- b. Which age group eats the most meat? _____
- c. Which age group eats the most pulses (beans)? _____
- d. Which age group eats the most vegetables? _____
- e. Which age group appears to have the most balanced diet? _____
- f. What percentage of persons in the 0-24 age group eats meat? _____ %
- g. What is the sum percentage of persons in the 25-49 age group eating meat and beans? _____ %
- h. What is the sum percentage of persons in the over 50 age group eating meat and vegetables? _____ %

3. The graph below shows the percentage of person of various age groups who are not eating adequate amounts of fruits and vegetables. **This is a very tricky question!**



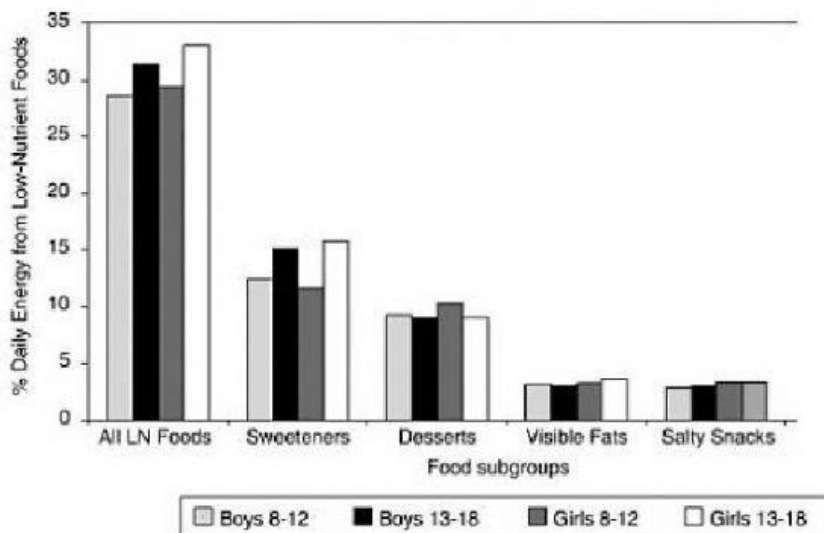
- Based on the graph, are persons eating more fruits or vegetables? _____
- Which age group is eating the least fruits? _____
- What percentage of persons in the 18-24 age group are eating enough fruits? _____ %
- What percentage of persons in the 55-64 age group are not eating enough fruits? _____ %
- Which two age groups are eating the most vegetable? _____ and _____

4. Look at the graph below and answer the following questions.



- Which **age group** needs to take in the most calories? _____
- Which **age group** needs to take in the least calories? _____
- In which **age group** is the **difference** in the energy requirement between male and female the least? _____
- In which **age group** is the **difference** in the energy requirement between male and female the most? _____
- Women in which two **age groups** require 2000 calories per day? _____ and _____
- How many calories do men in 31-50 require per day? _____
- How many calories do boys age 6 need per day? _____

5. Food low in nutrients may be referred to as JUNK FOOD. Look at the graph below and answer the following questions.



- Put a check beside the most appropriate title for the graph above.
 LINE GRAPH SHOWING % DAILY ENERGY FROM LOW NUTRIENT FOODS BY AGE GROUP AND GENDER
 BAR GRAPH SHOWING % DAILY ENERGY FROM LOW NUTRIENT FOODS BY AGE GROUP AND GENDER
 BAR GRAPH SHOWING TOTAL WEIGHT GAIN FROM HEALTH FOOD BY AGE GROUP AND GENDER
- Which group eats the most junk food overall (include gender and age)? _____
- Which age group eats the most desserts (include gender and age)? _____
- Which age group eats the least junk food overall (include gender and age)? _____
- Which age group eats the least sweeteners (include gender and age)? _____

- f. From which type of food do Boys 13-18 get 15% of their energy? _____
- g. From which type of food do Girls 8-12 get 10% of their energy? _____

6. Look at the table below and answer TRUE or FALSE after each statement.

Daily calorie needs based on age, gender, and activity level

Age (Years)	Gender	Sedentary (Not Active)	Moderately Active	Active
2-3	Male or female	1,000	1,000	1,000
4-8	Male	1,200 – 1,400	1,400 – 1,600	1,600 – 2,000
	Female	1,200 – 1,400	1,400 – 1,600	1,400 – 1,800
9-13	Male	1,600 – 2,000	1,800 – 2,200	2,000 – 2,600
	Female	1,400 – 1,600	1,600 – 2,000	1,800 – 2,200
14-18	Male	2,000 – 2,400	2,400 – 2,800	2,800 – 3,200
	Female	1,800	2,000	2,400
19-30	Male	2,400 – 2,600	2,600 – 2,800	3,000
	Female	1,800 – 2,000	2,000 – 2,200	2,400
31-50	Male	2,200 – 2,400	2,400 – 2,600	2,800 – 3,000
	Female	1,800	2,000	2,200
51 and older	Male	2,000 – 2,200	2,200 – 2,400	2,400 – 2,800
	Female	1,600	1,800	2,000 – 2,200

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th ed. Washington, DC US Government Printing Office 2010.
<http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 18, 2014

- a. An active 53 year old female needs as much calories as an inactive 55 year old male. _____
- b. On average, females need more calories than males in the same age groups. _____
- c. Regardless of activity level, 2-3 year olds need the same number of calories each day. _____
- d. Four year old Stanley and his 12 year old sister Emily have the same caloric needs. _____
- e. Active persons need far less calories than sedentary persons in the same age group. _____
- f. An active female can survive on the calories given to a sedentary male in her age group. _____