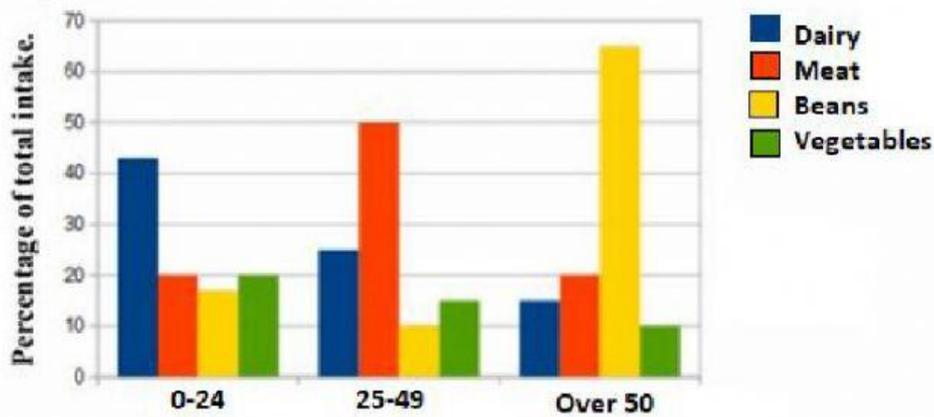


NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

DIET, ACTIVITY, HEALTH

1. Write **TRUE** or **FALSE** after each statement below.
  - a. Eat people eat the same amount 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. 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*. 7<sup>th</sup> ed. Washington, DC US Government Printing Office 2010.  
<http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 18, 2014

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