3.2 Importance of a Balanced Diet

Name:

Class:

Choose the correct answer about the factors that influence an individual's balanced diet.

a)	Body Size	People with big body size need _____ energy.
b)	Climate	People who live in _____ country need more energy to maintain their body _____.
c)	Gender	_____ need more energy because they are more active.
d)	Age	_____ people need more energy because they are _____ active.
e)	Occupation	People who do _____ work such as _____ worker need more energy.
f)	Health condition	_____ need more energy to _____.



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