Grade 11 **Health Science** **Worksheet**

Matching

Match the energy balance below to the correct description of calorie intake. Then match the calorie intake to correctly describe what will happen over time.

Energy balance	Calorie intake	What will happen over time?
Positive energy balance	The person eats the same number of calories as they use up	There will be no change in weight
Perfect energy balance	The person eats more calories than they use up	The person will lose weight
Negative energy balance	The person eats less calories than they use up	The person will gain weight

LIVEWORKSHEETS