**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