What is a calorie?

Calories are:

A. The same as fats
B. Units we use to measure the amount of energy in our food
C. A way of heating water
D. Special proteins

Where is the energy stored in our food?

A. Within its chemical bonds
B. It's only found in fats
C. In the soluble parts of our food
D. In fibre

How many calories are there in:

A. A pizza slice:
B. A piece of bread:
C. An apple:

How much energy is used in:

A. Digestion:
B. Physical activity:
C. Basic functions of organs and tissues:

What is the definition of Basal Metabolic Rate?

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How many calories an average man needs? And a woman?

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Calorie estimates for people are based on:

A. How healthy people are, on average
B. How much sugar we need
C. How much exercise people do on average
D. Average weight, muscle mass, physical activity, and other factors

What does the calorie count on nutritional labels means?

A. How much energy the food contains
B. How much energy your body will obtain from the food
C. How many vitamins there are in the food
D. How much energy you will use in digestion

What do we need to know to work out exactly how many calories each of us requires?

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http://ed.ted.com/lessons/what-is-a-calorie-emma-bryce#watch

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