

## 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?

---

---

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

---

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?

---

---

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