

BALANCING THE DIET

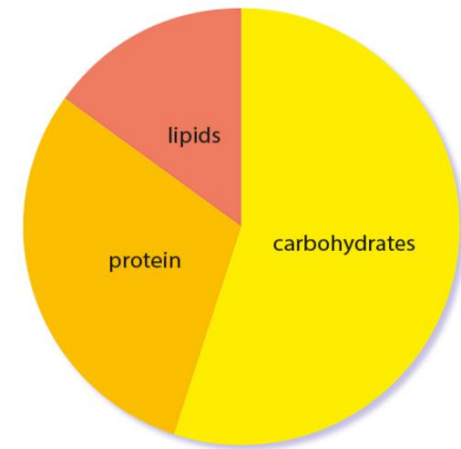
1. Explain the meaning of this graph:

- 1 gram of Carbohydrates gives us calories
- 1 gram of Lipids gives us calories
- 1 gram of Protein gives us calories
- 1 kcal equals Calories
- 1 calorie equals joules

2. What is the BMR? What are the equations for the BMR?

3. Visit this link <http://es.calcuworld.com/calculadora-nutricional/calculadora-de-calorias-harris-benedict/> and complete with your partner the information you obtain about your BMR.

4. Visit this link <http://es.calcuworld.com/deporte-y-ejercicio/calculadora-de-calorias-quemadas/> and complete with your partner the information you obtain about your daily activities. Visit other websites and look for information about other activities such as studying, resting, http://2.bp.blogspot.com/-rngCAdtfSQ0/Tr2mNytRodI/AAAAAAAAAkk/v7ACTri5VHQ/s640/tabla_actividad_fisica.jpg



5. Complete the table with information of the following diseases and disorders:

Disease or Disorder	Deficient vitamins and minerals/ Definition	Symptoms
Anemia		
Night blindness		
Beriberi		
Rickets		
Goitre		
Osteoporosis		
Anorexia		
Bulimia		
Obesity		