

NUTRITION & FITNESS

- **Keep a written record of your dietary habits and activities for 3 days during the course of the week prior to lab.**

Review your textbook and the lab on Nutrition and answer the following questions:

Can you think of at least 2 reasons why we need to eat?

What are the three organic compounds we ingest that satisfy our caloric needs?

How is the energy content of food measured? (What is it called?)

In your own words define Basal Metabolic Rate (BMR).

What is the equation for calculating BMR?

What are some things that may affect your BMR?

What are two things that you will be doing in lab this week?