

# ***Your assignment due on or before Tues, Nov. 3, 2015***

1. Record all the food and the quantity you ate for one whole day. (e.g., 1 cup of white rice)
2. Look up the equivalent number of food calories for each type of food and get the total number of calories.



# ***Your assignment due on or before Tues, Nov. 3, 2015***

3. Compare the total number of calories of your food intake for that day with the recommended food intake (depending on your age, height, etc.)
4. Comment on the results of number 3.



***Please submit your assignment  
inside the BOX on or before 12 noon ONLY  
Tuesday, Nov. 3, 2015***

5. Assuming that you gained unwanted calories, suggest a regimen of activities for yourself to burn these unwanted calories.
6. Support your answers in number 5 with scientific data from researches.
7. Cite your references in the APA bibliographical style.

