### **Food as Fuel!**

### Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### 1. Getting energy from food - potential energy

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food** | **Selected?** | **Energy in the food**  **(Calories)** | **Energy used to digest food type (Calories)** | **Energy left after digestion (Calories)** |
| Cheese |  | 100 | 20 |  |
| Grapes |  | 100 | 10 |  |
| Carrots |  | 100 | 5 |  |
| Teddy Graham |  | 100 | 3 |  |
| Pretzels |  | 100 | 10 |  |
|  |  | **(A) Energy available for me to use (in Calories)** | |  |
|  |  | **(B) Energy used at rest**  **Basal Metabolic Rate** | | 40 calories |
|  |  | (**C) Energy available to use!** | |  |

### 2. Using energy through exercise - kinetic energy

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **# of sets (tally)** | **Energy used per set** | **Energy used (in calories)** |
| 5 Jumping Jacks |  | 20 calories |  |
| 5 seconds of jogging |  | 10 calories |  |
| 1 push up |  | 1 calorie |  |
|  | **(D) Total energy spent (In calories)** | |  |

3. Energy in = energy out

|  |  |  |
| --- | --- | --- |
| (C) Energy from food available to use | (D) Total energy spent |  |
|  |  |  |

### ***Food as Fuel EXAMPLE***

### Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### 1. Getting energy from food

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food** | **Selected?** | **Energy in the food**  **(Calories)** | **Energy used to digest food type (Calories)** | **Energy left after digestion (Calories)** |
| *Example: Tomatoes* | *1* | *100* | *5* | *95* |
|  |  | 1. **Energy available for me to use (in Calories)** | | 95 |
|  |  | **(B) Basal Metabolic Rate**  **Energy used at rest** | | 40 calories |
|  |  | (**C) Energy available to use!** | | 55 |

### 2. Using energy through exercise

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **# of sets (tally)** | **Energy used per set** | **Energy used (in calories)** |
| 5 Jumping Jacks | 2 | 20 calories | 40 |
| 5 seconds of jogging | 1 | 10 calories | 10 |
| 1 push up | 5 | 1 calorie | 5 |
|  | **(D) Total energy spent (In calories)** | | 55 |

3. Energy in = energy out

|  |  |  |
| --- | --- | --- |
| (C) Energy from food available to use | (D) Total energy spent |  |
| 55 | 55 | 0 |