

CURRENT EVENT

TOPIC: CALORIC INTAKE

***** ATTACH ARTICLE*****

NAME: _____

TITLE OF ARTICLE: _____

PUBLICATION OR HOME PAGE: _____

VOLUME# OR WEB PAGE ADDRESS: _____

LIST 6 FACTS FROM THE ARTICLE

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

WHAT IS CALORIC INTAKE?

HOW MANY LESS CALORIES WOULD YOU NEED TO EAT IN ORDER TO LOOSE 1 POUND?

WHAT CAN HAPPENS TO YOUR BODY, IF YOU DO NOT EAT ENOUGH CALORIES THROUGHOUT THE DAY? _____

