

# Energy Balance



1. A \_\_\_\_\_ describes how much of something we measure.
  - Examples include feet, inches, pounds, cups, tablespoons, etc.
  
2. Energy is a source of power we can use; it makes us able to do \_\_\_\_\_.
  
3. The word \_\_\_\_\_ is the unit that describes an amount of energy.
  - a. We get energy from our \_\_\_\_\_.
  - b. We spend energy in moving our bodies (also called physical \_\_\_\_\_).
  - c. We spend energy in some activities just to stay alive such as
    - i. Digesting our food,
    - ii. Keeping our basic body processes going, (processes like \_\_\_\_\_ and \_\_\_\_\_), and \_\_\_\_\_ (getting bigger).
  
4. Energy \_\_\_\_\_ is the relationship between the energy we get from food (Energy In) and the energy we use (Energy Out).
  - a. If we get the same amount of energy from our food as we spend in all the ways our bodies use energy (Energy In = Energy Out), our weight stays the same.
  - b. If we get more energy from our food than we spend (Energy In > Energy Out), our weight goes \_\_\_\_\_.
  - c. If we spend more energy than we get from our food (Energy Out > Energy In), our weight goes \_\_\_\_\_.

Word Bank					
Unit	Balance	Exercise	Work	Calorie	Food
Up	Breathing	Growing	Heartbeat	Down	Activity

