

How much energy does the body need?

Different people need different amounts of energy, depending on

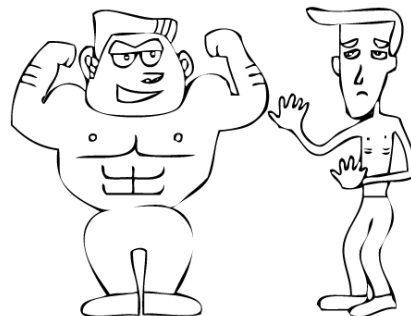
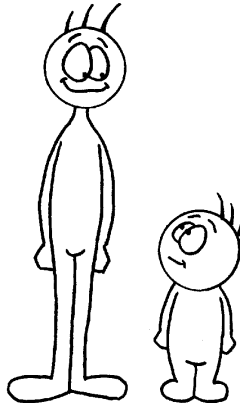
age



gender



size



activity



Very active people use a lot of energy so they need to eat more food to give them that energy.

Other people are less active, preferring to read or watch tv, and need less food because they use less energy.

Compare the activities below and circle the one for which more energy is spent

MORE OR LESS ENERGY?

