

Unit 4 Cross-curricular worksheet

PE: calories

1 Look at the photos. Who do you think needs to eat the most calories?

1



2



3



4



2 Read the text quickly. Check your answer to exercise 1.

We use the calorie (or, to be more precise, the kilocalorie) to **measure** the energy in the food that we eat. The foods with the most calories are fats, for example butter. Proteins, like meat and fish, and carbohydrates, like rice and pasta, have a **moderate** number of calories. Low-calorie foods include green salad and most vegetables.

Everybody needs calories in their **diet**, but the number depends on a person's age, **weight**, **height** and physical activity. These things affect our metabolic rate – how quickly our body uses energy. Doing PE uses more energy and more calories, but watching TV doesn't use many calories at all. An **average** adult man needs **around** 2,500 calories a day and a woman needs 2,000. This number **decreases** as we get older.

Surprisingly, children need more calories than adults. Boys between 14 and 18 years old need the most – 3,000 per day. Babies need 700 calories. They are 5–10% of an adult's weight but they need 30% as much food!

3 Read the definitions. Write the bold words from the text.

- 1 how heavy you are weight
- 2 typical _____
- 3 what you eat and drink _____
- 4 calculate the quantity of _____
- 5 not very high or very low _____
- 6 gets smaller _____
- 7 approximately _____
- 8 how tall you are _____

4 Match the two parts of the sentences.

- | | |
|--|----------|
| 1 The kilocalorie is a unit | <u>c</u> |
| 2 Butter contains | _____ |
| 3 Our age, weight and the sport that we do | _____ |
| 4 Younger people need more | _____ |
| 5 Most vegetables | _____ |
| a calories relative to their weight. | |
| b affect our metabolism. | |
| c of energy. | |
| d haven't got many calories. | |
| e a lot of calories. | |