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Chapter 8 Section 1 Food and Your Body Weight Balancing  
Energy Intake with Energy Used • Some body fat is essential for  
health • 4% of total body weight for males • 10% of total body  
weight for females • ENERGY BALANCE: when the food energy  
you take in equals the energy you use.

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White Plains Public Schools / Overview

## **White Plains Public Schools / Overview**

192 CHAPTER 8 Weight Management and Eating Behaviors Food Provides Energy Carbohydrates, fats, and proteins are the energy-giving nutrients. This energy is measured in units called Calories. The amount of energy in a certain food depends on how much carbohydrate, fat, and protein the food contains. Carbohydrates and proteins each provide 4 Calo-

## **CHAPTER 8 CHAPTER 8 Weight Management and Eating Behaviors**

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## **Bancroft, Rich / Class Files**

High School Health Course Requirements The following assignments are in the text, Holt Lifetime Health, on the internet and on worksheets. Read the assigned text. Audio CDs of each chapter are available so that you can read along. Xerox copies of the chapters and copies of the CDs are available for home study.

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### **Holt Lifetime Health Texas Edition - laplume.info**

The diagnostic test comes with a complete answer key. Chapter 5 Lesson 11 Area of Composite Figures. What fraction of a bag of. Pearson Realize Answer Key - fullexams.  $3x^2 - 14x + 8$  B. Holt McDougal Modern Chemistry Chapter Test Assessment Chapter Test B Teacher Notes and Answers 5 The Periodic Law TEST B 1. 7 Notes with practice problems; Chapter 6 Review Worksheet (KEY) CH 6 Review Study ...

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