

POST-LAB ASSESSMENT
LAB #12: NUTRITION AND FITNESS

Look at your INTAKE and OUTPUT as on two sides of a balance: (also see pg. 12-10 of lab)

1. What 3 macromolecules do you consume for INTAKE?

2. What 3 things are involved in OUTPUT?

Why does your body need calcium?

What problems may you face if you have a high dietary intake of cholesterol?

If your dietary intake of Calories is less than your daily expenditure where will your body obtain it's energy;

1. If you exercise daily

2. If you do not exercise at all

The accumulation of a certain amount of body fat has been very important in the evolution and survival of humans – why?