**A Teenager’s Nutrition Needs Worksheet**

1. What is a calorie? Why are they important?

2. How many calories on average do boys and girls require per day?

3. What percentage of calories per day do girls consumer fewer than boys? What is the potential consequence of this?

4. Which nutrients serve as the body’s energy sources?

5. How many calories does a gram of protein provide?

6. How many calories does a gram of carbohydrates supply?

7. How many calories does a gram of fat contribute?

8. Name three examples of protein that you really like?

9. What is your body’s main fuel?

10. Define the following types of fat.  
 Mono-unsaturated fat –

Poly-unsaturated fat –

Saturated fat –

11. What vitamins and minerals do adolescents tend to fall short on?