

1.

i. b

ii c

iii a

vi a

v b

vi a

vii c

viii c

xi c

x BMI= $\frac{\text{weight/kg}}{\text{height/m}^2}$

2.

I. Energy requirements are different for everyone, because our energy expenditure varies according to sex, age, height, weight and activity levels.

ii. BMI is our body mass index and is calculated by;

weight in kg divided by our height in metres squared.

iii Whole food nutrition is about eating foods as close to their natural state as possible. Raw foods like apples, carrots and lettuce contain both fibre and vitamins and minerals. These food types are important in maintaining our health.

iv. Refined foods are those which have been processed and much of the nutrients have been lost as a result. These include white rice, white bread and pasta. They are not nutritious and lack fibre.

v. BMR is basal metabolic rate which relates to the minimal amount of calories a day that we need for basic processes of the body like breathing or keeping our heart going. This differs from TEE which is about the amount of energy we need to carry out everyday activities, it relates to the amount of muscular and brain activity.

Vi Micronutrients are required by the body in small amounts and include both vitamins and minerals, they enable the body to be able to use macronutrients.

Case Study

1. c

2. a

3. b and c