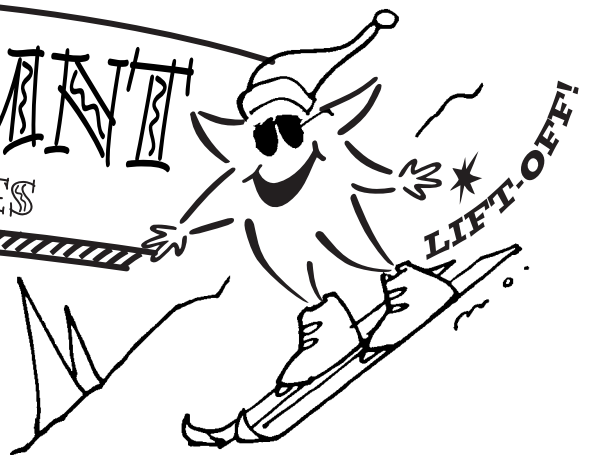


Name _____

CALORIES COUNT

KNOW YOUR CALORIES



All foods have calories, some more, some less.
How many you need, we will now address.

Carbs
and
Protein
Contain
4
Calories

Everyone needs calories to survive.
Some are "essential" to keep you alive.
Others are "extras," not required you see,
They're classified as "discretionary."
For energy each day you must have both,
To think, play and sleep, for overall growth.

Calories in
9
FAT

There are **THREE KEY CONCEPTS** that you should know,
Let's find out what they are, we'll take it slow.

1

The first is about calories you burn.
Here's what is important for you to learn.
The number of calories that you eat,
Needs to be used, so start moving your feet!



Use more calories each day, you'll lose weight.
You'll gain weight if you use less than you ate!

When you use the same calories you eat,
You'll stay the same weight, a balancing feat.

The time has come for you to now learn more
Of the calories that get the best score.

