

Eating and Exercise Clicker questions

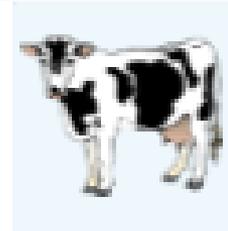
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These could be used with Wendy Adams activity
<https://phet.colorado.edu/en/contributions/view/3325>

If you heard about a diet that recommended more protein and less carbs, how would you make this change, but keep your calories the same?

A. Add more lean meat and eat less of everything else



B. Exercise more



C. Drink more milk and eat less of everything else



What happens if you change your diet by eating more protein and less carbs but still keep your calories the same?



- A. Weight would reduce
- B. Weight would increase
- C. Heart strength would increase
- D. Changes depend on the balance of your exercise and calorie intake, so there is not enough information

Heart Strength