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# Unlock Your Ideal Caloric Intake: A Simple Guide

## Description

To manage your weight—whether you want to lose, gain, or keep it the same—you need to know how many calories you need each day. This helps you make better food choices. The CICO diet stands for "Calories In, Calories Out." It means you can control your weight by balancing the calories you eat with the calories you burn.

The first step is calculating your Basal Metabolic Rate (BMR). BMR is the number of calories your body needs to stay alive at rest. You can use the Mifflin-St Jeor equation for this. It looks at your weight, height, age, and gender.

Next, adjust your BMR by your activity level to find your Total Daily Energy Expenditure (TDEE). TDEE tells you how many calories you need based on your daily activity.

Finally, set a goal for yourself: to lose weight, maintain weight, or gain weight. For weight loss, eat 250 to 500 fewer calories than your TDEE. For weight gain, eat 500 more. Make small changes for lasting success. Use apps like MyFitnessPal to help you track your calories easily.

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## Vocabulary List:

1. **Calories** /'kælərɪz/ (noun): Units of energy that measure the amount of energy food provides.
2. **Metabolic** /ˌmɛtəˈbɒlɪk/ (adjective): Relating to the chemical processes that occur within a living organism in order to maintain life.
3. **Expenditure** /ɪk'spɛndɪtʃər/ (noun): The amount of money spent or the total energy used.
4. **Adjust** /ə'dʒʌst/ (verb): To change or modify something to achieve a desired fit or result.
5. **Maintain** /meɪn'teɪn/ (verb): To keep something in its existing state or continue at the same level.
6. **Success** /sək'sɛs/ (noun): The accomplishment of a goal or purpose.

## Comprehension Questions

### Multiple Choice

1. What does CICO stand for in terms of dieting?

Option: Carbs In, Calories Out



- Option: Calories In, Carbs Out
- Option: Calories In, Calories Out
- Option: Carbs Intake, Calories Output

2. What is the first step in managing your weight according to the text?

- Option: Adjusting your BMR
- Option: Calculating your TDEE
- Option: Setting a weight goal
- Option: Calculating your BMR

3. How can you determine your Total Daily Energy Expenditure (TDEE)?

- Option: By calculating your BMR alone
- Option: By adjusting your BMR by your activity level
- Option: By using the Basal Energy Calculator
- Option: By setting weight gain goals

4. What is recommended for weight loss in terms of calorie intake?

- Option: Eat 200 to 400 fewer calories than TDEE
- Option: Eat 300 to 500 more calories than TDEE
- Option: Eat the same calories as TDEE
- Option: Eat 250 to 500 fewer calories than TDEE

5. To track your calories easily, what app is suggested in the text?

- Option: Fitbit
- Option: Google Fit
- Option: Lose It!
- Option: MyFitnessPal

6. What equation is recommended for calculating Basal Metabolic Rate (BMR)?

- Option: Harris-Benedict equation
- Option: BMI equation
- Option: Mifflin-St Jeor equation
- Option: Calorie Count equation

### True-False

7. The CICO diet implies that weight control can be managed by balancing calorie intake and exercise.



8. Total Daily Energy Expenditure (TDEE) determines the calories needed based on daily activity.
9. When aiming for weight loss, it is recommended to eat more than your TDEE.
10. Setting a weight goal is not mentioned as a step in managing weight in the text.
11. Calories In, Calories Out (CICO) refers to balancing the calories you eat with the calories you burn.
12. The BMR is the amount of calories needed for the body to function at rest.

### Gap-Fill

13. The Mifflin-St Jeor equation considers weight, height, age, and gender to calculate \_\_\_\_\_.
14. To find your Total Daily Energy Expenditure (TDEE), you need to adjust your BMR based on your \_\_\_\_\_ level.
15. To lose weight, it is recommended to eat \_\_\_\_\_ fewer calories than your TDEE.
16. MyFitnessPal is an app that can help you track your \_\_\_\_\_ intake.
17. For weight gain, it is suggested to consume \_\_\_\_\_ more calories than your TDEE.
18. Calculate your BMR with the Mifflin-St Jeor equation to understand your caloric needs at \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Calories In, Calories Out 2. Calculating your BMR 3. By adjusting your BMR by your activity level 4. Eat 250 to 500 fewer calories than TDEE 5. MyFitnessPal 6. Mifflin-St Jeor equation

**True-False:** 7. True 8. True 9. False 10. False 11. True 12. True

**Gap-Fill:** 13. BMR 14. activity 15. 250 to 500 16. calories 17. 500 18. rest

### Vocabulary quizzes



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**Multiple Choice ( Select the Correct answer for each question. )**

1. What term describes a decrease or reduction in something?  
Option: Triplet  
Option: Quadruplet  
Option: Decline  
Option: Embryo
2. What term refers to the ability to conceive children or young?  
Option: Shadow  
Option: Fertility  
Option: Laser  
Option: Interact
3. What term refers to the application of scientific knowledge for practical purposes?  
Option: Material  
Option: Discovery  
Option: Technology  
Option: Asteroid
4. Which word indicates making something different or altering it?  
Option: Surface  
Option: Change  
Option: Pass  
Option: Shake
5. What word is used to describe something shining or full of light?  
Option: Bright  
Option: Autistic  
Option: Diagnosed  
Option: Career
6. Which term means to keep something in a good condition or preserve it?  
Option: Understand  
Option: People  
Option: Group  
Option: Maintain
7. What unit of energy is commonly used to measure the energy content of food?  
Option: Calories  
Option: Metabolic  
Option: Expenditure



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Option: Adjust

8. Which term describes the accomplishment of an aim or purpose?

Option: Maintain

Option: Success

Option: Autistic

Option: Decline

9. What word refers to a collection of individuals who come together?

Option: Change

Option: Group

Option: Calories

Option: Shadow

10. Which term means to communicate or work together with someone or something?

Option: Bright

Option: Interact

Option: Technology

Option: Fertility

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The \_\_\_\_\_ used in the construction of the building was of high quality.

12. Regular exercise can help boost your \_\_\_\_\_ rate.

13. The scientist made an important \_\_\_\_\_ that changed the field of physics.

14. When nervous some people tend to \_\_\_\_\_ their hands.

15. The child was \_\_\_\_\_ at an early age.

16. The doctor provided some helpful \_\_\_\_\_ for leading a healthier lifestyle.

17. It is important to \_\_\_\_\_ your sails to catch the wind properly while sailing.

18. I could see the train \_\_\_\_\_ by as I waited on the platform.

19. During the early stages of pregnancy the developing baby is called an \_\_\_\_\_.

20. The tree cast a long \_\_\_\_\_ across the lawn in the evening sun.



**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Doctors used a focused beam of light to perform eye surgery.
22. Space scientists study rocks orbiting the sun that are smaller than planets.
23. After the assessment the nutritionist provided suggestions for a balanced diet plan.
24. She gave birth to three babies at the same time.
25. The top layer of the earth is known as the crust.
26. She has been working as a lawyer for the past ten years.
27. The doctor determined the illness after a series of tests.
28. There is a diverse group of individuals living in the neighborhood.
29. The company carefully tracks its financial spending to stay within budget.
30. The object blocked the light creating a dark area behind it.

**Answer**

**Multiple Choice:** 1. Decline 2. Fertility 3. Technology 4. Change 5. Bright 6. Maintain 7. Calories 8. Success 9. Group 10. Interact

**Gap-Fill:** 11. Material 12. Metabolic 13. Discovery 14. Shake 15. Autistic 16. Recommendations 17. Adjust 18. Pass 19. Embryo 20. Shadow

**Matching sentence:** 1. Laser 2. Asteroid 3. Recommendations 4. Triplet 5. Surface 6. Career 7. Diagnosed 8. People 9. Expenditure 10. Shadow

**CATEGORY**

1. Health - LEVEL1

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