



# Energy In, Energy Out: Predictions

## Day 1

As we begin this *Energy In, Energy Out* Exploration, we will investigate the relationship between the energy you put in your body (measured by the calories in your food) and the energy our body puts out (measured by activity.)

### **Energy In, Energy Out: Hypotheses**

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Make some predictions.

What do you think energy balance is all about?

What happens to your body when your energy in is not balanced with your energy out?

What do you think happens when your energy in is GREATER than your energy out?

What do you think happens when your energy in is LESS than your energy out?