

### Assessment 1

**Total Marks 30**

1. The energy requirements are different for different people. Why? **8**
2. What is BMI? And how can it be calculated? **8**
3. What is basal metabolic rate? What is the difference between total energy expenditure (TEE) and Basal Metabolic Rate (BMR)? **7**
4. What are micro-nutrients? And why our body needs them? **7**