Lack of Calories Student Resource:

* Please cut out the arrows and the table below;
* Place the words under either up arrow for increase in, or the down arrow for decrease in



| **Coordination** |
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| **Preoccupation with food and body** |
| **Anxiety** |
| **Agitation and irritability** |
| **Strength** |
| **Endurance** |
| **Fear** |
| **Achievement of performance goals** |
| **Risk of Injury** |
| **Risk of upper-respiratory tract infections** |

| **Fractures** |
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| **Motivation** |
| **Impaired bone health in later life** |
| **Speed** |
| **Confidence and self-esteem** |
| **Growth and development** |
| **Reproductive** **function** |