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TASK: ACADEMIC INTEGRITY - WRITING SKILLS EXERCISE (10%)

 In this article, “What are calories” written by Joanne Lewsley, discusses what calories are, what it contributes, and how it helps with controlling body fat as well as weight loss. According to Joanne, calories can be found in drinks and food, these will be converted into units of energy, this is what calories are, it is a unit of energy. Joanne argued that it is a need for a person to consume the right amount of food and drinks in order to function well on a daily basis.

 Joanne found several studies, and guidelines that show the recommended calories that should be taken by each person. For example, men have a higher calorie intake due to them being active on a daily basis, meanwhile women have a little less calorie intake than men; however it depends on age, sex, weight, as well as the daily activity that we do, whether you are a hard worker, or a mother who is pregnant or breastfeeding.

 Joanne characterized three main classes of calorie foods, which are; low calorie foods, high calorie food, and lastly empty calorie foods. Joanne describes high calorie foods as ones that are filled with fatty food, oils and sugar, for example, avocados, dark chocolate etc. Meanwhile, low calorie foods are the food that have a low calorie but still packed with a good source of fiber. Lastly is empty calorie food, which are foods that do not give any nutritional value for the body, for example, alcoholic drinks, sodas etc.

 Joanne then again, explained how calorie intake can contribute to weight loss. She argued that if a person is trying to lose weight they should be on a calorie deficit. A calorie deficit means that a person should eat less than what they usually eat. For example, if a person eats 2000 calories per day, if they went for a calorie deficit they should eat around 1600 calories. Depending on how many calories they cut it will contribute to how fast they lose weight. However, Joanne then argued that, even if that person is on a calorie deficit, if they do not put in exercise they would slow changes.

 The author also put some tips in the article about how to lose weight effectively. Which are checking nutrition and the labels, as well as counting calories. This would help the person who is struggling with losing weight.

 My opinion about this article, it seems that the author Joanne did a great job giving an insight on calories and how to lose weight. The style of writing is simple and information is not hard to understand, simple and straight to the point which is very good for readers who do not like to waste their time reading a whole book just to know how to lose weight.

**References**

Lewsley Joanne. (2022). What are calories?. LIVESCIENCE. <https://www.livescience.com/52802-what-is-a-calorie.html#section-what-are-high-calorie-foods>