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Reasoning Card 5

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Example answer:

When Adam Peaty is training for an event, he has to train a lot - sometimes twice a day for about two hours at a time. Because he is doing so much physical exercise, his body needs fuel to be able to keep up with all of the activity.

The energy input from food has to be higher because the energy output from the activity is so high.

However, when he is not training, he will need to reduce his calorie intake to about 3000 calories a day. This amount is because he will just be doing his normal activity (which is still quite active!) but he has to consider that the output is less, so he eats less.