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| **CHAPTER 7** |  | BLM 7–14 |
| REINFORCEMENT/ SKILL BUILDER | **What Affects Metabolism?** |  |

{AB.Sc24.B.K.3.iv}{AB.Sc24.B.K.3.vi}

Name: Date:

Use this worksheet to help you organize the information from Section 7.4 of your textbook.

* In column A, list four factors that affect metabolism.
* For each factor, draw a picture or explain what would make metabolism higher for that factor. Place that information in column B.
* For each factor, draw a picture or explain what would make metabolism lower for that factor. Place that information in column C.
* Decide where you fit in that factor. Give yourself a rating and explain why in column D.

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| **A. Factor That Affects Metabolism** | **B. What Would Raise It** | **C. What Would Lower It** | **D. Where I Fit in**  H = high  M = middle  L = low |
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