

Name: \_\_\_\_\_

Date: \_\_\_\_\_

- 1 Sean is in his third month of a diet and is finding it is harder to lose weight. Why is this?
  - A His body does not need essential fat.
  - B The fat cells can no longer reduce in size.
  - C After dieting the fat cells begin to attach to muscle.
  - D His body's enzymes have been reduced.
- 2 DeJuan wants to lose 3 pounds this week. About how many more calories does he need to burn than he consumes?  
  
(Input the correct NUMBER, do not use the comma; then push the ENTER button.)
- 3 Which foods in their natural state are key elements to a maximized immune system?
  - A milk, egg and cheese
  - B meat and beans
  - C fruits, vegetables and grains
- 4 Fat that the needs in certain amounts to maintain bodily functions
  - A Storage Fat
  - B Basal Metabolic Rate (BMR)
  - C Essential fat
- 5 Fat that the body keeps in reserve which can lead to over-fat problems or obesity
  - A Storage Fat
  - B Basal Metabolic Rate (BMR)
  - C Essential fat
- 6 The number of calories burned at complete rest; measurement of it indicates an individual's general metabolism or state of health
  - A Storage Fat
  - B Basal Metabolic Rate (BMR)
  - C Essential fat
- 7 To lose one pound, you must burn \_\_\_\_\_ calories more than you consume.
  - A 1750
  - B 2200
  - C 3000
  - D 3500

- 8 The number of calories your body burns when completely at rest is known as \_\_\_\_\_.  
A body mass index  
B basal metabolic rate  
C fat burning ratio  
D calorie expenditure
- 9 The body fat reserve necessary for good health is called \_\_\_\_\_.  
A essential fat  
B storage fat  
C saturated fat  
D unsaturated fat
- 10 For some reason today has become an extra busy day. You know you shouldn't skip a meal but you only have time to run through a fast-food restaurant. What would be the best choice?  
A single instead of a double cheeseburger  
B grilled chicken instead of hamburger  
C onion rings instead of fries
- 11 The factors of \_\_\_\_\_ are: emotional, based on want, learned. Whereas, the factors of \_\_\_\_\_ are: physical, based on need, inborn.  
A health / diet  
B diet / health  
C appetite / hunger
- 12 Which TWO are the most important things for you to be concerned with to live a healthy life?  
(Input the TWO best answers, then push the ENTER button.)  
A losing weight  
B amount of body fat  
C overall health  
D bone size
- 13 Obesity occurs when someone is \_\_\_\_\_% above the appropriate weight.  
(Input the correct NUMBER, then push the ENTER button.)

- 14 Which of the following are myths surrounding dieting? (Input all that apply, then push the ENTER button.)
- A Eating starchy foods, such as bread and pasta, will make you gain weight.
  - B You can lose a lot of weight just by exercising.
  - C Caffeine can make the level of sugar in your blood drop.
  - D Skipping a meal is likely to make you overeat at the next meal.
- 15 Which of the following foods is NOT widely believed to be part of the food trio that protects against certain cancers and promotes healthier hearts and immune systems?
- A Fruits
  - B Grains
  - C Fish
  - D Vegetables
- 16 Diabetics should eat food high in \_\_\_\_.
- A sugar
  - B protein
  - C simple carbohydrates
  - D fiber
- 17 Which one of these is known as the "silent killer" because it can go on for years without any symptoms?
- A hypertension
  - B diabetes
  - C anemia
  - D hypoglycemia
- 18 Which of the following are sugars?
- (Input all that apply, then push the ENTER button.)
- A vanilla extract
  - B glycerin
  - C sucrose
  - D dextrose

- 19 Most pregnant women should gain how much weight?
- A None
  - B 10-15 pounds
  - C 18-20 pounds
  - D 25-35 pounds
- 20 Runners who increase their carbohydrate intake and reduce exercise before a competition are doing what?
- A Resting
  - B Hydrating
  - C Carbohydrate loading
  - D Carbo-energizing

Question:	Answer
1	D
2	10500 (+/- 500)
3	C
4	C
5	A
6	B
7	D
8	B
9	A
10	B
11	C
12	BC
13	30
14	AB
15	C
16	D
17	A
18	CD
19	D
20	C