

Name \_\_\_\_\_ Unit # \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_  
Score \_\_\_\_\_

96 points possible

**Multiple Choice (30) 2 points each**

**Corrected by** \_\_\_\_\_

- \_\_\_\_\_ 1. In most cases, it's unrealistic to strive for an "ideal" body because body shape is determined by . . .  
A. what you eat. C. body-fat tests.  
B. random chance. D. inherited traits.
- \_\_\_\_\_ 2. A greater risk of health problems is associated with concentrations of excess weight in the . . .  
A. thighs and hips. C. abdomen.  
B. legs and arms. D. chest and shoulders.
- \_\_\_\_\_ 3. You will probably lose weight more easily if that excess weight is concentrated in the . . .  
A. hips. C. legs and thighs.  
B. abdomen. D. arms and shoulders.
- \_\_\_\_\_ 4. What percent of the people who lose weight through dieting gain back the weight once they finish their diets?  
A. 25 percent C. 60 to 75 percent  
B. 45 to 50 percent D. 95 percent
- \_\_\_\_\_ 5. What does the term "behavior modification" describe?  
A. a repeated cycle of losing and regaining weight  
B. any dangerous and ineffective weight loss method  
C. making gradual, permanent changes in eating and exercise habits  
D. psychological support provided by a weight-control center
- \_\_\_\_\_ 6. Which of the following is the BEST way to lose weight quickly?  
A. use diet pills  
B. go without food for two days, then resume normal eating  
C. cut out all foods except fresh vegetables  
D. none of the above—they all are unsafe
- \_\_\_\_\_ 7. Which of the following is the BEST way for an underweight person to gain weight?  
A. eat larger portions from the five food groups  
B. add high-sugar and high-fat snacks  
C. eat one large meal a day instead of several smaller ones  
D. stop exercising until a healthy weight is reached
- \_\_\_\_\_ 8. The first thing to do before starting an exercise program is to . . .  
A. get a medical checkup. C. visit several fitness centers.  
B. try different kinds of exercise. D. try exercising at different times of the day to see what makes you feel best.
- \_\_\_\_\_ 9. The main purpose of aerobic exercise is to . . .  
A. strengthen muscles. C. exercise the heart and lungs.  
B. lose weight. D. stretch muscles.
- \_\_\_\_\_ 10. How many servings of milk do teenagers need each day?

- A. 1 to 2 servings  
 B. 2 to 3 servings  
 C. 3 or more servings  
 D. 4 or more servings
- \_\_\_\_\_ 11. Why are fruit juices better for you than carbonated drinks?  
 A. They are high in sugar.  
 B. They contain vitamins.  
 C. They contain protein.  
 D. They are higher in calories.
- \_\_\_\_\_ 12. In order to gain weight, a person should do which of the following?  
 A. Choose higher-caloric foods from the food groups.  
 B. Eat smaller meals five or six times a day.  
 C. Exercise regularly.  
 D. All of the above.
- \_\_\_\_\_ 13. How many calories does a person need to cut down to lose about a pound of weight a week?  
 A. 300 calories a day.  
 B. 500 calories a day.  
 C. 700 calories a day.  
 D. 1000 calories a day.
- \_\_\_\_\_ 14. If you want to improve the chances of permanent weight loss, what weight loss goal should you set?  
 A. 1/2 to 2 pounds per week  
 B. 2 1/2 to 3 pounds per week.  
 C. 3 to 4 pounds per week  
 D. 5 pounds per week
- \_\_\_\_\_ 15. Snacking can be healthful as long as the snacks are . . .  
 A. eaten close to mealtime.  
 B. nutrient dense.  
 C. the same from day to day  
 D. high in calories for extra energy.

**Matching (24) 2 points each**

- |           |   |                     |
|-----------|---|---------------------|
| 16. _____ | A shortage of a nutrient or nutrients necessary to health.                              | A. lifestyle        |
| 17. _____ | The foods a person eats and how the body used nutrients.                                | B. hypoglycemia     |
| 18. _____ | The way a person lives and the things he or she does.                                   | C. aerobic exercise |
| 19. _____ | Weight-loss programs that are very popular for a short time.                            | D. anemia           |
| 20. _____ | Caused by a lack of iron in the body.   | E. diabetes         |
| 21. _____ | Describing a person who is at least 20% above normal weight for their height and frame. | F. food allergy     |
| 22. _____ | Strengthens the cardiovascular system and causes the body to take in more oxygen.       | G. deficiency       |
| 23. _____ | An excess in the body has been linked to heart disease.                                 | H. cholesterol      |
| 24. _____ | An unpleasant reaction after eating a small amount of a certain food.                   | I. obese            |
| 25. _____ | Condition in which human bones lose their minerals, causing them to be weak.            | J. osteoporosis     |
| 26. _____ | A condition in which the body cannot control blood sugar properly.                      | K. nutrition        |
| 27. _____ | Blood glucose levels are low.   | L. fad diet         |

**True or False (12) 1 point each**

28. T or F      Body shape is determined by heredity.

- 29.T or F Successful weight management starts with accepting your body shape.
- 30.T or F You should exercise at least 3 times a week.
- 31.T or F Your body must have an adequate supply of all the nutrients so they can work together as teams.
- 32.T or F Adults do not need calcium because their bones have stopped growing.
- 33.T or F Although skipping breakfast is not recommended, the nutrients can be made up later in the day and performance at school or on the job is not affected.
- 34.T or F A whole orange and a cheeseburger do not make a nutritious breakfast.
- 35.T or F The more overweight a person is, the greater the danger to health and life expectancy.
- 36.T or F Many "miracle" diets can do serious damage to the body because they lack nutrients needed every day.
- 37.T or F Athletes should only eat protein foods to build large muscles.
- 38.T or F It is best to eat at least three hours before competing in any athletic event.
- 39.T or F Elderly people do not need to eat foods from the Food Guide every day because their energy needs are less.

### Fill-in-the-blanks (18)

40. A person's diet should consist of \_\_\_\_\_ grams of fiber a day. (1)
41. The best weight is one that will help you stay \_\_\_\_\_ throughout your life. (1)
42. Because they have finished growing and are usually less active, adults need fewer \_\_\_\_\_ than teens. (1)
43. \_\_\_\_\_ calories = 1 pound of fat. (1)
44. A teen athlete should build their muscles by \_\_\_\_\_ and NOT extra \_\_\_\_\_. (2)
45. Proper amounts of \_\_\_\_\_ in the diet is directly linked to preventing many health concerns. (1)
46. \_\_\_\_\_ is important throughout the life cycle to keep an equal balance with food intake and energy output. (1)
47. The ten recommended dietary guidelines to follow throughout the life cycle are: (10)
- |    |    |
|----|----|
| a. | f. |
| b. | g. |
| c. | h. |
| d. | i. |
| e. | j. |

### Miscellaneous (12)

- 48 .Yes or No I was present the day of the test.  
5 points if yes, 0 points if no
49. Yes or No I was on time and not tardy the day of the test.  
5 points if yes, 0 points if no
50. Yes or No I brought my own writing utensil to class to take this test.  
2 points if yes, 0 points if no

