1.) The most accurate form of measurement for long-term health and weight-management is (check one):
   - Pounds on the scale
   - Body Mass Index (BMI)
   - Body Composition (lean mass vs. body-fat)

2.) The word “calorie” relates to:
   - Combustion (to produce energy)
   - Fat on your body
   - Carbohydrate

3.) Make the following conversions:

<table>
<thead>
<tr>
<th>Food</th>
<th>Grams</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

4.) Basal Metabolic Rate (BMR) is the:
   - Minimum amount of calories required for vital bodily functions during a relaxed, reclined and waking state
   - Amount of calories required to heat a one (1) cup of water one (1) degree Celsius in one (1) minute
   - Amount of energy used during an intense workout

5.) The most healthy way to decrease body-fat is:
   - Drop your caloric intake below 800 calories per day
   - Through a slight negative energy balance where the caloric expenditure slightly exceeds the caloric intake
   - Liposuction

6.) The body’s first choice for fuel is:
   - Stored fat
   - Stored glycogen
   - Stored protein
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7.) The body can convert fat into glucose to feed its nervous system and metabolism:
   - True
   - False

8.) The body can convert protein into glucose to feed its nervous system and metabolism:
   - True
   - False

9.) When caloric intake goes below BMR, as in commercial weight-loss programs, the body will:
   - Perceive starvation and create a “survival” metabolism
   - Burn muscle to fuel its energy requirements
   - Slow down metabolism to reduce energy requirements
   - Store even more body-fat to fend off the perceived threat of starvation
   - All of the above

10.) People who continue to go on and off “restricted calorie” diet programs typically rebound to a higher weight after each round of dieting. This rebound effect is known as:

   __ ___-___ ___ Dieting

Notes:

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

"Nutrition / Exercise Reference Manual – Topic Quiz"
MediCorp PNT / Arthur I. Rothafel
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