Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1)** Body Mass Index (BMI) is a formula for measuring both muscle and fat compared to an individual’s height.

A. True

B. False

**2)** The best way to obtain nutrients is:

A. From food

B. From dietary supplements

**3)** Choose all that apply. Which are the five food groups of the USDA?

A. Dietary fiber

B. Grains

C. Fruits

D. Vegetables

E. Protein

F. Carbohydrates

G. Dairy

H. Fat and oil

I. None of the above

**4)** Choose all that apply. Which of the following are good sources of protein?

A. Beans

B. Tomatoes

C. Nuts

D. Oatmeal

E. Orange fruits

F. None of the above

**5)** Choose all that apply. What is a source of complex carbohydrates?

A. Donuts

B. Banana

C. Whole grains

D. High fructose corn syrup

E. None of the above

**6)** Which of the following is not a bodily function which requires water intake?

A. Regulation of body temperature

B. Spine protection

C. Waste processing

D. Energy metabolism

**7)** For adults, light to moderate physical activity for at least \_\_\_\_ minutes a day can greatly improve cardiovascular health.

A. 10

B. 30

C. 45

D. 60

**8)** Obesity is categorized as a BMI of \_\_\_ or higher.

1. 12
2. 20
3. 30
4. 42

**9)** What is the unit of energy found in food?

A. Calories

B. Carbohydrates

C. Fat

D. Vitamins

**10)** Which of the following is a not a good weight management strategy?

A. Controlling portion sizes

B. Skipping meals

C. Staying active

D. Choosing nutritious foods

**11)** Which of the following risks can be caused by too much caffeine?

A. Heart disease

B. Dizziness

C. Relaxation

D. Irregular bowel movements

**12)** Which of the following is not a negative effect of excessive alcohol use?

A. High blood pressure

B. Depression

C. Liver failure

D. Respiratory issues

**13)** Vitamins are never considered dangerous, as they are necessary to keep the body in working order.

A. True

B. False

**14)** Which of the following is not a way to prevent sexually transmitted diseases?

A. Birth control pills

B. Abstinence

C. Prophylactics

D. Having a monogamous relationship

**15)** Choose all that apply. Immediate evaluation by a doctor or mental health professional is strongly recommended for:

A. Depression

B. Stress

C. Eating disorders

D. None of the above

**16)** People with anorexia nervosa binge and then purge the contents of their stomach so as not to gain weight.

A. True

B. False

**17)** Choose all that apply. Which is a benefit of sufficient sleep?

A. Supporting weight management

B. Improving your mood

C. Increasing serotonin levels

D. Lowering cholesterol

E. None of the above

**18)** Which of the following is an example of practicing ergonomics?

A. Examining and understanding products and chemicals before use

B. Holding the phone between your shoulder and ear rather than using a headset

C. Consulting a contractor before starting a construction project

D. Setting your chair at the correct height so that you can sit in a neutral position

**Answer Key**

1. B

2. A

3. A, B, C, D, E & G

4. A & C

5. B & C

6. D

7. B

8. C

9. A

10. B

11. B

12. D

13. B

14. A

15. A & C

16. B

17. A & B

18. D