

Adventures in Food and Nutrition! © 2012
Chapter 4: Weighing Your Choices—Interactive Quiz Questions

- _____ 1. After age 14 or so, females tend to use more energy for vital functions than males.
A. true
B. false
- _____ 2. For the best health, teens need to be physically active about _____ minutes each day.
A. 10
B. 15
C. 30
D. 60
- _____ 3. About 45 to 65 percent of the calories you eat should come from _____.
A. saturated fats
B. unsaturated fats
C. carbohydrates
D. proteins
- _____ 4. Anyone who often eats fewer calories than he or she burns will _____.
A. become underweight
B. become overweight
C. become obese
D. be in calorie balance
- _____ 5. Which is a benefit of regular physical activity?
A. Helps manage weight.
B. Lowers endurance levels.
C. Increases feelings of depression.
D. All the above.
- _____ 6. Weight control means getting your body to a healthy weight and keeping it there.
A. true
B. false
- _____ 7. Fad diets _____.
A. can keep you healthy
B. usually work to keep weight low over a long period of time
C. promote quick weight loss
D. are recommended by health professionals
- _____ 8. Binge eaters binge on food and then purge themselves.
A. true
B. false

Name _____ Date _____

- _____ 9. Bulimia nervosa is an eating disorder that causes people to think they can eat anything and lose weight if they purge themselves.
- A. true
 - B. false
- _____ 10. Those with anorexia nervosa have an abnormal fear of being fat.
- A. true
 - B. false