



the nutrition school

What Makes Us Fat

Lesson 5 Quiz

1. What is one of the reasons that Americans eat too much?
 - a. We get too much sleep
 - b. We've lost the ability to listen to our bodies
 - c. Food is more delicious now than it was in the past
 - d. Our bodies have changed over the years and we store more fat
2. What is the biggest problem with artificial sweeteners?
 - a. They distort our natural sense of taste and cause cravings for sweet foods
 - b. They are expensive
 - c. They suppress our appetite
 - d. They distort our natural sense of taste and make us lose our taste for sweet foods
3. A bran muffin can have as much fat and calories as a cupcake with frosting.
 - a. True
 - b. False
4. Coffee is one of the things you should avoid.
 - a. True
 - b. False. Coffee is a great source of antioxidants. But specialty coffee drinks are often packed with sugar, fat, and calories.
5. What are some reasons that good fats are so beneficial?
 - a. They help us sleep better
 - b. They help us stay full, give us energy, and allow us to absorb vitamins

- c. They decrease our sodium intake
 - d. They offset the bad tastes in food
6. What are good alternatives to eating fatty meats?
- a. Eating fat free products
 - b. Eating full fat dairy
 - c. Eating grass-fed beef, skinless poultry, or wild fish
 - d. Eating fatty carbohydrates
7. In what foods are nitrates found?
- a. Milk, yogurt, cheese
 - b. Fruits and vegetables
 - c. Oils, fats, and margarine
 - d. Hot dogs, salami, and bologna
8. Why are calories in soda called “empty calories”?
- a. Sodas are made up of refined sugars that offer no nutritional benefits
 - b. The carbonation in soda is full of air
 - c. Because some sodas have artificial sweeteners which have no calories
 - d. Because the calories from soda don't make you gain weight like calories from food
9. When looking at food labels, you should look at just the nutritional information.
- a. True
 - b. False. The ingredient list is just as important if not more important than the nutritional information.
10. The FDA has stated that _____ are no longer safe.
- a. Saturated fats
 - b. Omega-3 fatty acids
 - c. Trans fats
 - d. Monounsaturated fats

11. What can affect our hunger, metabolism, mood, and energy?
- a. Sleep
 - b. Water
 - c. Stress
 - d. All of the above
12. When you drink water adequately, you:
- a. Maximize your metabolism
 - b. Increase your bladder capacity
 - c. Always lose weight
 - d. Sleep better
13. Research has shown that when people are properly hydrated, their metabolism is increased by 30%.
- a. True
 - b. False
14. A solid sleep routine is very closely tied to _____.
- a. Better dreams
 - b. Lower productivity at work
 - c. Worsened immunity
 - d. Weight maintenance
15. Why is having good "sleep hygiene" important?
- a. It keeps you clean
 - b. It can help you fall asleep, stay asleep, and have quality sleep
 - c. It fights cancer
 - d. It can help you get up earlier in the morning