

Module 2, Lesson 3 Quiz:

How Metabolism Factors into Obesity

1. Metabolism is:
 - a. The ratio between food and drinks you consume and your weight
 - b. The rate at which your body turns food and drinks into energy**
 - c. The rate at which your exercise energy balances the calories you eat
 - d. A scientific term for how calories travel through your body from mouth to excretion

2. Your BMR, or basal metabolic rate:
 - a. Measures how well your metabolism works while you are asleep
 - b. Looks at the number of calories you need to consume to meet your needs for everything in life, except for physical activity
 - c. Measures how much you're burning at rest, when you're sitting, sleeping and breathing, and blinking**
 - d. Measures how much you're burning during activities such as hiking, biking, and swimming

3. Three things determine your BMR. They are:
 - a. Calories, physical activity & sleep
 - b. Waist to hip ratio, blood sugar control & blood pressure
 - c. Age, muscle mass & gender**
 - d. Genetics, lifestyle & stress

4. Metabolic syndrome affects 30% of people in the United States. It is:
 - a. A cluster of risk factors that increase your risk for heart disease, stroke, and diabetes
 - b. An inborn error of metabolism and can be fatal
 - c. Strongly influenced by lifestyle changes
 - d. A & C**

5. Which of the following is NOT one of the greatest risk factors for metabolic syndrome:
 - a. Obesity
 - b. Inactivity
 - c. Insulin resistance
 - d. Family history**