

*Lesson 5 Quiz:*

**WHAT MAKES US FAT**

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. The 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 harmful nitrates found?
  - a. Milk, yogurt, cheese
  - b. Fruits and vegetables
  - c. Oils, fats, and margarine
  - d. Hot dogs, salami, and bologna**

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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. A solid sleep routine is very closely tied to \_\_\_\_\_.
- a. Better dreams
  - b. Lower productivity at work
  - c. Worsened immunity
  - d. **Weight maintenance**
14. 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