**Question 1**

**1 / 1 pts**

Soft drinks (soda) are the main source of calories in the average American's diet.



True



False

**Question 2**

**1 / 1 pts**

Trans fats increase the level of "good cholesterol" in the body.



True



False

**Question 3**

**1 / 1 pts**

Complete proteins contain all of the essential amino acids.



True



False

**Question 4**

**1 / 1 pts**

You should limit your intake of unsaturated fats.



True



False

**Question 5**

**1 / 1 pts**

Complex carbohydrates contain more nutrients than simple carbohydrates.



True



False

**Question 6**

**10 / 10 pts**

**Helps digestion of food.**



**A mineral that facilitates muscle contraction, builds strong bones and teeth.**



**Food substances that are required for the growth and maintenance of your cells.**



**Nutrients that help your body grow and repair itself.**



**You cant live without it. It transports nutrients throughout the body, rids your body of wastes, and regulates body temperature.**



**Builds red blood cells**



**Fatty acids created by adding hydrogen to liquid vegetable oils.**



**Nutrients that help regulate cell activity.**



**Classified as "fat-soluble" and "water-soluble"**



**Provide energy needed during exercise.**



\\\

**Question 1**

**1 / 1 pts**

The number of overweight people in America has increased 103% in the past 14 years.



True



False

**Question 2**

**1 / 1 pts**

Mississippi has the highest percentage of overweight or obese people.



True



False

**Question 3**

**1 / 1 pts**

The amount of fat in your body is called lean body mass.



True



False

**Question 4**

**1 / 1 pts**

People with less than 30% body fat are considered obese.



True



False

**Question 5**

**1 / 1 pts**

A healthy body fat percentage for men is 10-12%.



True



False

**Question 6**

**1 / 1 pts**

A person can lose fat in specific parts of the body.  Hips, back or stomach using spot reduction.



True



False

**Question 7**

**9 / 9 pts**

**The "gold standard" by which all other body composition measurement techniques are compared.**



**Parts of the body such as connective tissue, muscle, bone, and organs.**



**The amount of fat in your body.**



**How much you should weight if you have a healthy amount of body fat.**



**An extremely high percentage of body fat (35+% in women, 30+% in men)**



**A serious eating disorder where a person restricts the amount of food they eat.**



**An eating disorder where a person eats and then purges (vomits).**



**Measure skinfolds at various part of the body.**



**People who exceed their desirable bodyweight by 10% according to height and weight charts.**



\\\

**Question 1**

**1 / 1 pts**

Stressors are things that cause stress.



True



False

**Question 2**

**1 / 1 pts**

The bodies first response to a stressor is reffered to as Fight or Flight.



True



False

**Question 3**

**1 / 1 pts**

Excessive exercise such as that done by athletes that overtrain, is an emotional stressor.



True



False

**Question 4**

**1 / 1 pts**

Exercise is not an effective way to handle stress.



True



False

**Question 5**

**1 / 1 pts**

Getting enough sleep helps reduce or prevent stress.



True



False

**Question 6**

**10 / 10 pts**

**When your body is unable to handle the stress and is overcome by the stressor.**



**When the immune system starts to resist or fight the stressor.**



**A nonspecific response of the body to a demanding situation**



**Caused by relationships with other people.**



**Include things like lack of sleep, overheating, noise or a natural disaster.**



**Is the bodies initial reaction to a stressor**



**Positive stress that motivates you.**



**Negative stress that cuases a negative reaction.**



**Emotions that interfere with your ability to function optimally.**



**Stress reducing chemicals**

