



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. “Metabolism” means:
  - a. chemical reactions in the body’s cells
  - b. consumption of calories
  - c. converting food into the energy for action
  - d. eating enough food to power the body’s activities
  - e. a and c
  - f. b and d
2. A calorie is a unit of:
  - a. volume
  - b. temperature
  - c. energy
  - d. mass
3. The basal metabolic rate (BMR) is defined as:
  - a. a measure of the rate at which a person’s body burns calories while at rest
  - b. a person’s metabolic rate before going on a diet
  - c. the best calorie-burning rate that a person can achieve
  - d. all of the above
4. The number of calories a person burns in a day is affected by:
  - a. how much that person exercises
  - b. the amount of fat and muscle in his or her body
  - c. the person’s basal metabolic rate
  - d. all of the above
5. Experts recommend that adults get more than \_\_\_\_\_ minutes of moderate to vigorous physical activity each day.
  - a. 20
  - b. 30
  - c. 45
  - d. 60
6. Energy bars and drinks:
  - a. contain excessive sugar and calories
  - b. are sometimes full of caffeine
  - c. may sometimes contain herbal supplements
  - d. all of the above
7. True or False: A person with a low BMR (who burns fewer calories while at rest or sleeping) will tend to gain more pounds of body fat over time, compared with a similar-sized person with an average BMR who eats the same amount of food and gets the same amount of exercise. T F
8. True or False: People cannot change their BMR. T F
9. True or False: Athletes often need more calories than their peers—possibly 2,000 to 5,000 calories per day. T F
10. True or False: Athletes should load up on carbs for energy right before a game. T F