



Answer Key

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