Foundations 1E Lesson 5.3 Quiz Answers

Title: Lesson 5.3 Quiz

Topic: L5.3LO9: Explain influences on body weight.

1. Having grandparents and great-grandparents who were very slender is an example of which influence on body weight?

a. behavior

b. culture

\*c. genetic

d. environment

Title: Lesson 5.3 Quiz

Topic: L5.3LO10: Describe what a healthy weight is.

2. The ratio of lean tissue to fat tissue in your body is called

a. fat distribution

\*b. body composition

c. body mass index

d. muscle–fat ratio

Title: Lesson 5.3 Quiz

Topic: L5.3LO11: Explain healthy ways to lose and gain weight.

3. Eating foods high in sugar, fat, and protein is a healthy way to gain weight.

a. true

\*b. false

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Topic: L5.3LO12: Explain the risks of fad diets and supplements, including anabolic steroids.

4. Carmel doesn’t have celiac disease, but she has been following a gluten-free diet because she thinks she’ll lose weight if she doesn’t eat bread and other wheat-based carbs. What does the gluten-free diet put her at risk for?

\*a. vitamin deficiencies

b. heart disease

c. kidney disease

d. anemia

Title: Lesson 5.3 Quiz

Topic: L5.3LO13: Access valid and reliable information about weight-loss supplements.

5. Weight cycling from using weight loss supplements usually causes all the following EXCEPT

a. increased body fat over time

b. increased risk for diseases

\*c. a stable, healthy weight

d. a slowed-down metabolism