Foundations 1E Quiz Questions Lesson 4.2

1. Which is a likely side effect of positive energy balance?

a. weight gain

b. weight loss

c. hunger pangs

d. healthy body function

Answer: \_\_\_\_\_

2. The number of calories you burn to keep your basic body functions working is called your

a. appetite

b. energy balance

c. satiation

d. metabolic rate

Answer: \_\_\_\_\_

3. How many calories are recommended each day for females aged 14 to 18?

a. 1,200 to 1,800

b. 1,400 to 2,000

c. 1,800 to 2,400

d. 2,200 to 3,200

Answer: \_\_\_\_\_

4. Hunger means wanting to eat even when you do not need to eat.

a. True

b. False

Answer: \_\_\_\_\_

5. What is an example of appetite affecting a person’s decision to eat?

a. Jamal runs three miles (4.8 km) every evening before dinner.

b. Amber feels satiated and full after eating breakfast.

c. David’s public library carries many books about food.

d. A food truck prepares a Thai dish whose aroma reminds Aranya of her childhood in Thailand.

Answer: \_\_\_\_\_