Foundations 1E Quiz Questions Lesson 5.3

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

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

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

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

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

a. True

b. False

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

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

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

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

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