

### Question 1

To maintain a healthful weight, Eating Well with Canada's Food Guide recommends

- A) increasing the level of physical activity and reducing sedentary activities.
- B) 60 minutes of moderate activity most or all days of the week.
- C) 60 minutes of intense activity 3 days a week.
- D) 8 hours of moderate activity per week.

Answer: <https://biology-forums.com/index.php?topic=846649>

### Question 2

Individuals with a BMI of less than 18.5 have an increased risk of health problems and death.

True or False?

Answer: <https://biology-forums.com/index.php?topic=847715>

### Question 3

A toxicity of folate can disguise a true deficiency of which nutrient, resulting in nerve damage?

- A) niacin
- B) vitamin B6
- C) iron
- D) vitamin B12

Answer: <https://biology-forums.com/index.php?topic=847566>

### Question 4

The human body cannot store glycogen during the first 24 hours of recovery from intense exercise.

True or False?

Answer: <https://biology-forums.com/index.php?topic=847836>

### Question 5

Bacteria cause the majority of food infections.

True or False?

Answer: <https://biology-forums.com/index.php?topic=847946>

### Question 6

The sexually transmitted virus \_\_\_\_\_ is linked to increased risk of cervical cancer.

- A) Helicobacter pylori
- B) Chlamydia trachomatis
- C) Human papillomavirus
- D) Human Immunodeficiency Virus

Answer: <https://biology-forums.com/index.php?topic=848261>

### Question 7

An RDA for phytochemicals has not been established.

True or False?

Answer: <https://biology-forums.com/index.php?topic=848532>

### Question 8

A genetic disorder characterized by excessive iron absorption is

- A) sickle cell anemia.
- B) hemochromatosis.
- C) beriberi.
- D) pellagra.

Answer: <https://biology-forums.com/index.php?topic=847599>

### Question 9

Which of the following components on a food label is essential for people with food allergies?

- A) Nutrition Facts table
- B) nutrient content claims
- C) ingredient list
- D) health claims

Answer: <https://biology-forums.com/index.php?topic=846627>

### Question 10

Why must you increase your vitamin E intake if you increase your polyunsaturated fatty acid intake?

Answer: <https://biology-forums.com/index.php?topic=847423>

### Question 11

The term nutritionist has no precise definition or laws regulating it.

True or False?

Answer: <https://biology-forums.com/index.php?topic=846583>

### Question 12

Peak bone mass is typically achieved in

- A) late childhood.
- B) early teens.
- C) late teens and early twenties.
- D) the late thirties.

Answer: <https://biology-forums.com/index.php?topic=848142>

### Question 13

Tight rings of muscles that control the movement of food through the organs of the gastrointestinal tract are villi.

True or False?

Answer: <https://biology-forums.com/index.php?topic=846794>

### Question 14

What is another name for an epidemiological study?

- A) a single-blind study
- B) a double-blind study
- C) a model study
- D) an observational study

Answer: <https://biology-forums.com/index.php?topic=846558>

### Question 15

Which of the following are required components of antioxidant enzyme systems?

- A) antioxidant minerals
- B) antioxidant vitamins
- C) phytochemicals
- D) gastrointestinal microflora

Answer: <https://biology-forums.com/index.php?topic=847332>

### Question 16

A body of evidence strongly suggests that colon cleansing using a colonic is necessary for good health.

True or False?

Answer: <https://biology-forums.com/index.php?topic=846818>

### Question 17

All legumes are complete proteins.

True or False?

Answer: <https://biology-forums.com/index.php?topic=847181>

### Question 18

Describe the information provided by each of the following research studies: Epidemiological studies, laboratory studies, case control studies and clinical trials.

Answer: <https://biology-forums.com/index.php?topic=846607>

### Question 19

Which of the following is NOT a tip for taking control of your alcohol intake?

- A) Eat a meal or snack high in carbohydrates before having an alcoholic drink.

- B) Think about why you are planning to drink.
- C) Decide in advance what your alcohol intake will be.
- D) Dilute hard liquor with large amounts of water, diet soda, or juice.

Answer: <https://biology-forums.com/index.php?topic=848239>

## **Question 20**

List and describe the 3 sections of the small intestine.

Answer: <https://biology-forums.com/index.php?topic=846804>