

Cadet Name: _____

Date: _____

1. (U4C1L3:Q4) Select the option (A-D) that does NOT correctly complete the following sentence.

"Learning to eat balanced meals, even on the run, contributes to your overall well-being by..."

- A) helping to maintain the proper weight."
- B) providing energy for physical activities."
- C) supplying nutrients for good health."
- D) minimizing your metabolism and basic body functions."

2. (U4C1L3:Q5) Read carefully the following sentence and decide which option (A-D) is most correct.

In order to improve your nutrition, lower your calorie and cholesterol intake, you should never eat at fast-food restaurants.

- A) True - the number of calories and levels of cholesterol in fast food is extremely high.
- B) True - the nutritional content of all fast food is very low, and they are just filled with empty calories.
- C) False - As long as you monitor and limit what you eat, fast food does provide some nutritional content.
- D) False - Fast food has changed to the point where most of the food is high in nutritional content and lower in calories and cholesterol.

3. (U4C1L3:G2) What is a calorie?

- A) A measure of the vitamin content of a food source.
- B) The amount of energy it takes to raise the temperature of one kilogram of water by one degree Celsius.
- C) The amount of energy it takes to do calisthenics.
- D) A measure of what is burned in a fireplace when wood turns to ash.

4. (U4C1L3:G16) _____ is the chemical process by which the body produces energy and maintains vital functions.

- A) Digestion
- B) Hygiene
- C) Posture
- D) Metabolism

5. (U4C1L3:G21) A _____ is the amount of energy it takes to raise the temperature of one kilogram of water by one degree Celsius.

- A) gram
- B) pound
- C) thermal
- D) calorie

6. (U4C1L3:F1) Which statement below is not a way to encourage healthy eating habits?

- A) Eat a healthy breakfast every day
- B) Shop, cook, and plan for healthy meals
- C) Watch your favorite TV show during dinner as a family
- D) Know proper food servings for different ages

7. (U4C1L3:V1) Choose the word that best matches the definition below.

"The chemical process by which the body produces energy and maintains vital functions."

- A) metabolism
- B) protein
- C) health
- D) balance

8. (U4C1L3:V2) Choose the word that best matches the definition below.

"A state of complete mental, physical, and social well being."

- A) fitness
- B) balance
- C) protein
- D) health

9. (U4C1L3:V3) Choose the word that best matches the definition below.

"To estimate or weigh the relative importance of every component of health."

- A) metabolism
- B) balance
- C) fitness
- D) self-discipline

10. (U4C1L3:V4) Choose the word that best matches the definition below.

"One's response to his/her environment."

- A) self-discipline
- B) metabolism
- C) behavior
- D) calories

11. (U4C1L3:V5) Choose the word that best matches the definition below.

"A state or condition of being physically sound and healthy."

- A) fitness
- B) self-discipline
- C) balance
- D) behavior

12. (U4C1L3:V6) Choose the word that best matches the definition below.

"The amount of energy it takes to raise the temperature of one kilogram of water one degree Celsius; a measurement of energy."

- A) health
- B) metabolism
- C) fitness
- D) calories

13. (U4C1L3:V7) Choose the word that best matches the definition below.

"Correction or regulation of oneself for the sake of improvement."

- A) fitness
- B) metabolism
- C) health
- D) self-discipline

[Answer Key]

- 1. D
- 2. C
- 3. B
- 4. D
- 5. D
- 6. C
- 7. A
- 8. D
- 9. B
- 10. C
- 11. A

12. D
13. D