

Nutrition and Exercise Quiz

Name: _____

1) What is the suggested number of days to participate in cardio exercise per week?

- a) 2
- b) 3**
- c) 4
- d) 5

2) How much time is recommended to be spent doing cardio exercise?

- a) 15 minutes
- b) 30 minutes**
- c) 45 minutes
- d) 60 minutes

3) What are potential benefits of exercise?

- a) Helps maintain a stable weight
- b) Improves muscle tone and strength
- c) Lowers blood pressure
- d) All of the above**

4) Muscle weighs more than fat?

- a) True
- b) False**

5) Women burn fewer calories than men due to less muscle mass and overall weight.

- a) True**
- b) False

6) The 5 food groups are: Fruit, Vegetables, Dairy, [**Protein**, [**Grains**

7) List the 5 essential nutrients in foods:

Carbohydrates, Proteins, Fats, Vitamins, and Minerals

8) What is the recommended calorie intake for an active woman?

a) 1,200

b) 1,800

c) 2,000

d) 2,200

9) Which one of these is a good fat?

a) Saturated

b) Trans

c) Unsaturated

10) What is the most important point to remember about nutrition?

Moderation and diversity are the keys to any healthy diet.