

## 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, \_\_\_\_\_, \_\_\_\_\_

7) List the 5 essential nutrients in foods:

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?