

NUTRITION AND EATING DISORDERS



1. What is nutrition?

- a) Food at work in the body.
- b) Process by which the organism ingests, digests, absorbs, transports and utilizes nutrients
- c) All of them.

2. What does good nutrition mean?

- a) Your body gets all the nutrients, vitamins, and minerals it needs to work its best.
- b) Eating healthy and unhealthy food.
- c) All of them

3. What are ways of good nutrition?

- a) Eating plenty of fruits and vegetables.
- b) Eating plenty of whole grains and water.
- c) All of them.

4. What are macronutrients?

- a) Carbohydrates, fat and proteins.
- b) Vitamins and minerals.
- c) Carbohydrates, vitamins and minerals.

5. What are micronutrients?

- a) Carbohydrates, proteins and fats.
- b) Vitamins and minerals.
- c) Proteins and minerals.

6. What are proteins functions?

- a) Growth and maintenance.
- b) Transport oxygen through your body.
- c) All of them

7. Select proteins.

- a) Fish, eggs and water.
- b) Vitamin C, bread and orange juice.
- c) Meat, chicken and nuts.

8. Select carbohydrates.

- a) Grains, cereal, potatoes and corn.
- b) Chicken, avocado, water and noodles.
- c) Cookies, chips, orange and eggs.

9. Select fats.

- a) Beans, vegetables and ice creams.
- b) Legumes, beans and rice.
- c) Avocado, nuts and olive oil.

10. What are characteristics of bulimia?

- a) Ingestion of an anomaly amount of food in short period.
- b) Purging what was consuming.
- c) Afraid of gaining weight.
- d) All of them.

11. What are signs or symptoms of bulimia? (more than 1 option)

- a) Inflammation of the esophagus.
- b) Healthy weight.
- c) Chronic dehydration
- d) Fever
- e) Constant weight fluctuation
- f) Infertility
- g) Skin cancer

12. What are causes of bulimia? (more than 1 option)

- a) Doing exercises.
- b) Poor self-esteem.
- c) Have a healthy diet.
- d) Negative body image.
- e) Stress

13. Obesity is a medical problem that increase your risk of other diseases.

- a) True
- b) False

14. What are causes of obesity? (more than 1 option)

- a) Have an inactive life.
- b) Eating unhealthy food.
- c) Have a healthy weight.
- d) Not sleeping enough.
- e) Drinking enough water.

15. What are consequences of obesity?

- a) Diabetes
- b) Heart disease.
- c) High blood pressure.
- d) All of them.