Understanding Energy Balance and Metabolism

Health And Nutrition · Answer Key · 10 Questions

1. What does Basal Metabolic Rate (BMR) represent?

A) Energy used during intense exercise
B) Energy the body needs at complete rest for organ function
C) Energy burned through food digestion
D) Energy stored as fat

2. What is the Thermic Effect of Food (TEF)?

A) Energy required to digest and process food
B) Energy burned while sleeping
C) Energy used for physical activity
D) Energy saved as glycogen

3. What is meant by 'Energy Balance'?

A) Eating as much as possible
B) The relationship between energy intake and energy expenditure
C) Only exercising to burn calories
D) Restricting all food groups

4. What happens during a caloric surplus?

A) Weight loss
B) Maintenance of body weight
C) Weight gain and fat storage
D) Increased metabolic rate

5. What defines a caloric deficit?

A) Intake is greater than expenditure
B) Intake equals expenditure
C) Intake is lower than expenditure
D) No food is consumed

6. What are the three components of the '3-3-3 rule' for weight loss?

A) 3 meals a day, 3 food groups per meal, 3 bottles of water before meals
B) 3 hours of exercise, 3 liters of water, 3 snacks
C) 3 days of fasting, 3 types of protein, 3 grams of fat
D) 3 miles, 3 vitamins, 3 hours of sleep

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7. Which nutrients help slow down blood sugar spikes?

A) Refined carbohydrates
B) Lean proteins and healthy fats
C) Added sugars
D) White flour

8. What factors can influence energy balance?

A) Physical activity and food intake
B) Circadian rhythms and environmental temperature
C) All of the above
D) None of the above

9. How often should a 'moderately active' person exercise according to the text?

A) 6-7 days a week
B) 3-5 days a week
C) Once a month
D) Never

10. What is the primary way the body stores energy?

A) As muscle tissue
B) As fat and glycogen
C) As water
D) As fiber

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