

- | | |
|-----------------------------|----------------------|
| A. Cardiovascular Endurance | C. Body Composition |
| B. Muscular Endurance | D. Muscular Strength |

14. For lasting energy and a healthy weight, avoid foods with:
- | | |
|----------------------------------|--------------------|
| A. lots of complex carbohydrates | C. lots of protein |
| B. lots of simple carbohydrates | D. lots of water |
15. Smoking of meat, fish, or poultry is about the size of _____
- | | |
|------------------|---------|
| A. Deck of Cards | C. CD |
| B. Thumb | D. Flat |
16. Smoking of cigarettes or fruit is about the size of your _____
- | | |
|----------|------------------|
| A. Thumb | C. CD |
| B. Flat | D. Deck of Cards |
17. Which of the following is a class of nutrients that are made up of sugars, starch, and fiber?
- | | |
|------------------|-------------|
| A. Fat | C. Protein |
| B. Carbohydrates | D. Vitamins |
18. Which of the following are elements of the earth that are needed in the diet? These elements perform many functions in body tissues.
- | | |
|------------------|-------------|
| A. Carbohydrates | C. Minerals |
| B. Fat | D. Protein |
19. Which of the following essential nutrients are required by the body for growth and proper functioning? These nutrients do not yield energy.
- | | |
|------------------|-------------|
| A. Carbohydrates | C. Fat |
| B. Protein | D. Vitamins |
20. _____ is a class of nutrients (made of amino acids) that build body tissues and supply energy.
- | | |
|------------------|-------------|
| A. Carbohydrates | C. Protein |
| B. Fat | D. Vitamins |
21. Which of the following is a class of nutrients that store nutrients with water? It is also made up mostly of fatty acids, which provide energy to the body.
- | | |
|------------|------------------|
| A. Protein | C. Minerals |
| B. Fat | D. Carbohydrates |
22. Which of the following is a method in which HIV/AIDS can be transmitted?
- | | |
|-----------|----------------|
| A. Saliva | C. Sweat |
| B. Tears | D. Breast Milk |
23. Which of the following is a method in which STD's can be transmitted?
- | | |
|-------------|---------------------|
| A. Oral sex | C. Vaginal Sex |
| B. Anal Sex | D. All of the above |
24. According to the study we discussed in class (out of 100 sexually active couples), which of the following is the MOST effective method of birth control?
- | | |
|---------------|-----------------------|
| A. Withdrawal | C. Birth Control Pill |
| B. Deep Kiss | D. Condom |
25. The period when one becomes physically able to reproduce is
- | | |
|--------------|-------------------------|
| A. Puberty | C. emotional maturity |
| B. Adulthood | D. hormonal instability |
26. The type of joint that allows the widest range of motion (such as the hip and shoulder) is called a _____
- | | |
|--------------------------|----------------|
| A) ball and socket joint | C) pivot joint |
|--------------------------|----------------|

Lifetime Nutrition And Wellness Final Exam Review Answers

JL Elias



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