

Economic crisis: a crisis on out plate?

Complete the quiz and when you submit your answers, you will receive a certificate (if your score is over 80%). Try your best!

* Required

1. Email *

2. Name *

3. Economic crisis is the phenomenon in which an economy is characterized by a permanent and noticeable reduction of its economic activity. *



Mark only one oval.

True

False

4. Which of the following are the social consequences of the economic crisis? (Choose one or more answers).



Check all that apply.

- Imposition of unbearable taxes
- Unemployment
- Increase in social inequalities
- Poverty
- Deterioration of quality of life
- Increased morbidity
- Public debt reduction
- None of the above

5. The effects of an economic crisis on a population are complex, only short-term and always immediately obvious. *



Mark only one oval.

- True
- False

6. Food crisis is related to issues such as: (Choose one or more answers). *



Check all that apply.

- high prices
- food quality
- food security
- food production and supply
- reduction in malnutrition
- sustainable development
- none of the above

7. Food crisis only affects developing countries and not developed countries. *



Mark only one oval.

- True
- False

8. The lower the income, the fewer choices in foods with high nutritional value. *



Mark only one oval.

- True
- False

9. Obesity, the metabolic syndrome, diabetes and heart disease have been shown to be more common in people who experienced periods of financial crisis during their childhood. *



Mark only one oval.

True

False

10. Overproduction of food, combined with its unequal distribution in all countries, has caused the phenomenon of eating disorders, overeating (obesity) and malnutrition *



Mark only one oval.

- True
- False

11. In a country affected by malnutrition, productivity and wealth increase. *



Mark only one oval.

- True
- False

12. Spread of malnutrition does not depend only on the amount of food consumed, but mainly on its quality and general lifestyle. *



Mark only one oval.

True

False

13. Although in times of economic crisis in developed countries, one would expect more cases of malnutrition to be reported, international research records the so-called "hunger-obesity paradox". *

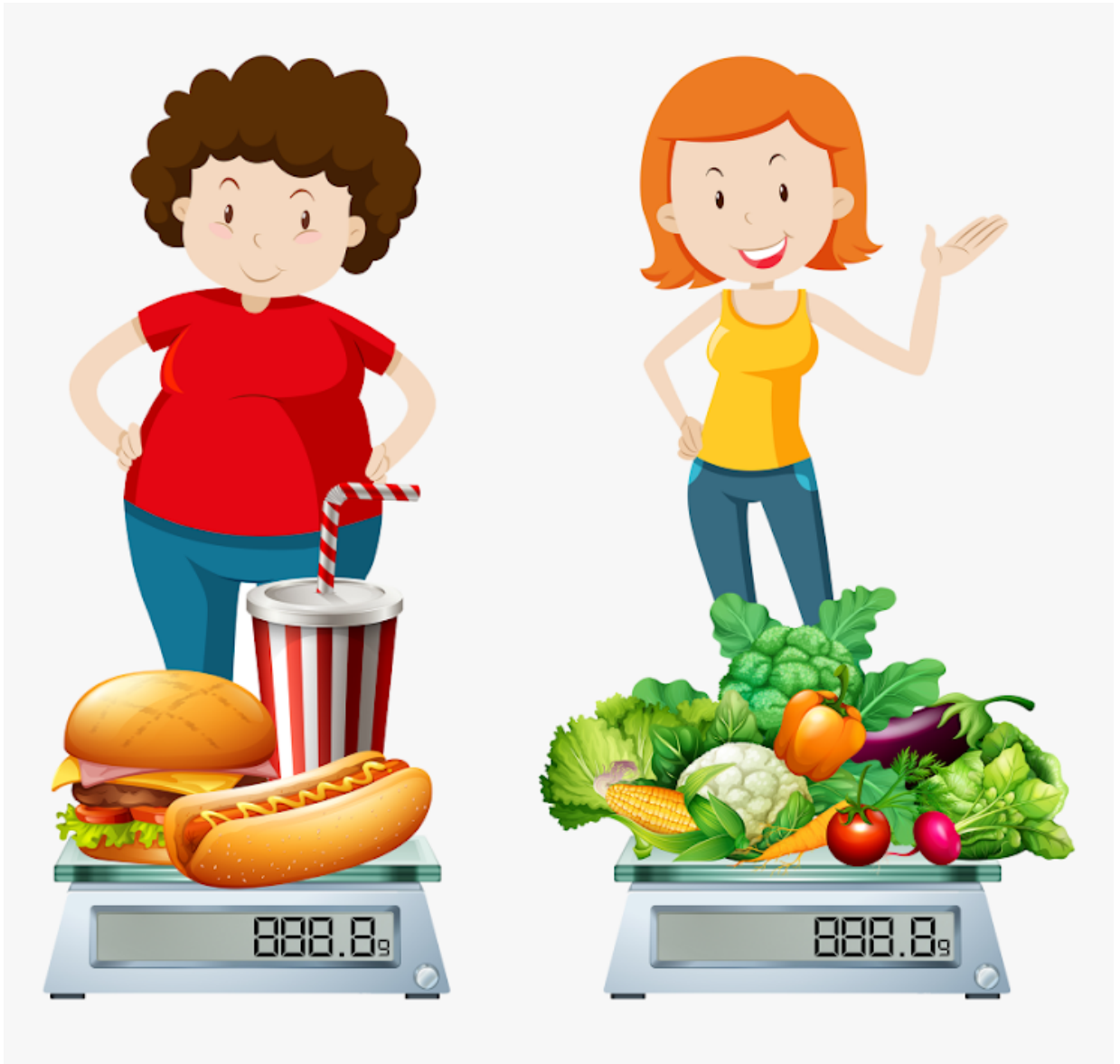


Mark only one oval.

True

False

14. The main reasons why financial hardship increases obesity levels are: (Choose one or more answers). *



Check all that apply.

- food prices
- stress
- reduced physical activity
- cheap entertainment e.g. TV at home
- meal times (due to exhausting working hours)
- None of the above

15. The global economic crisis does not seem to be affecting fast food restaurants, as consumers resort to easy, junk and fast food to save money. *



Mark only one oval.

- True
- False

16. In times of economic crisis, adopting the traditional Mediterranean diet is the most appropriate "economical" solution to maintain health and ensure longevity of citizens. *



Mark only one oval.

- True
- False

17. Some of the main features of the Mediterranean diet are: (Choose one or more answers).



Check all that apply.

- high consumption of cereals, mainly whole grains
- consumption of seasonal fruits and vegetables
- consumption of eggs, fish and poultry on a weekly basis
- occasional consumption of sweets
- high consumption of milk and milk products
- high consumption of legumes
- none of the above

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