

Energy balance & Weight Control

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

* Required

1. Email *

2. Name/Surname *

3. Food energy is released into the body when it is broken down during digestion. *



Mark only one oval.

True

False

4. The human body needs energy mainly to perform its physical activities, e.g. walking, running etc. *



Mark only one oval.

True

False

5. The human body does not need energy for respiration and heart function. *

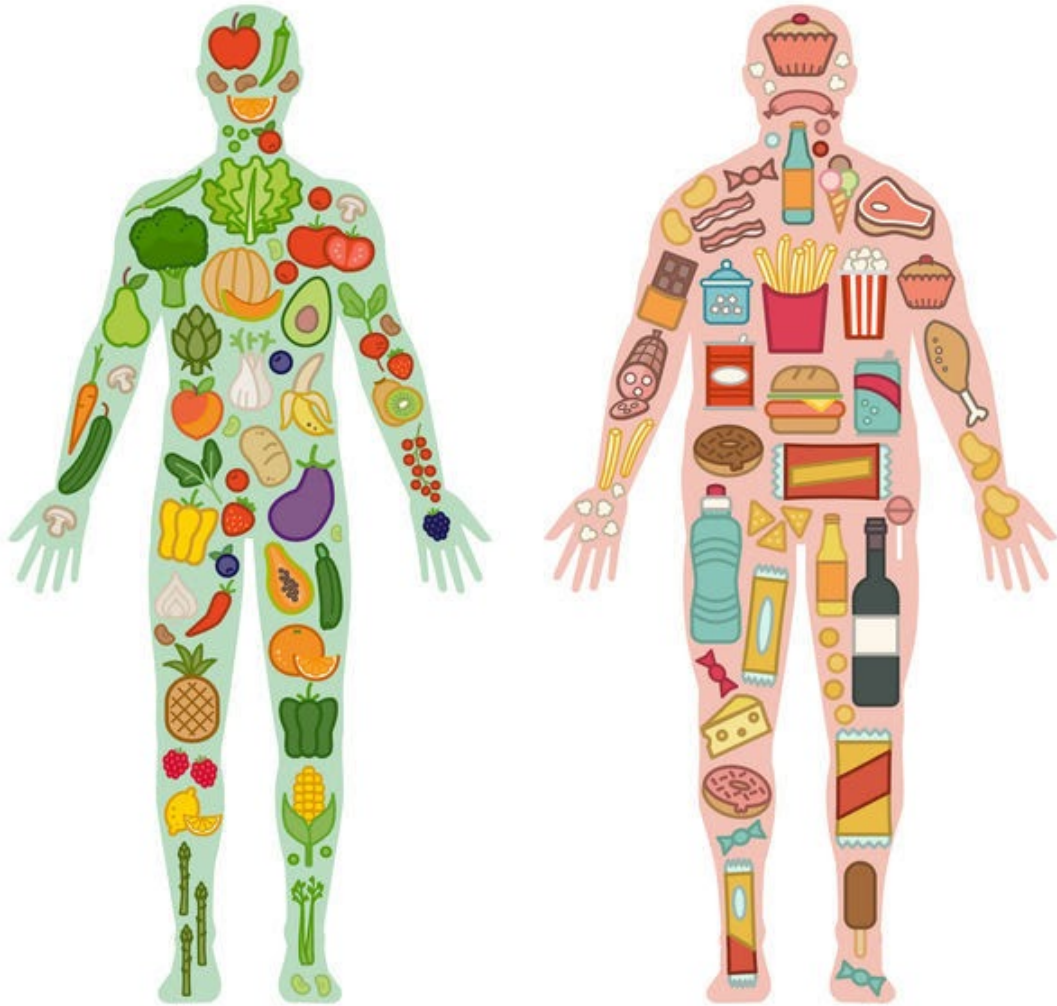


Mark only one oval.

True

False

6. Match the two columns. *



Mark only one oval per row.

	Electrical energy	Chemical energy	Thermal energy	Kinetic energy
maintaining constant body temperature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
communication of the brain with different parts of the body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
walking, running, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
production of body cell or fat molecules which are stored.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. The unit of measurement of energy present in food as well as the energy that the body needs, is the calorie (kcal). *



Mark only one oval.

True

False

8. Which of the following nutrients have calorific value? (Choose one or more answers). *



Check all that apply.

- Carbohydrates
- Protein
- Vitamins
- Fat
- Minerals/trace elements
- Water

9. Carbohydrates provide 8 calories per gram (8 Kcal / gr). *



Mark only one oval.

True

False

10. Protein provides 4 calories per gram (4 Kcal / gr). *



Mark only one oval.

True

False

11. Fat provides 6 calories per gram (6 Kcal / gr). *



Mark only one oval.

- True
- False

12. Vitamins: (Choose one or more answers) *



Check all that apply.

- provide 4 calories per gram (4 Kcal / gr).
- do not provide energy.
- are considered necessary for performing important functions of the body.
- are nutrients of no calorific value.

13. Each food contains a certain amount of energy, which depends on its nutrient composition. *



Mark only one oval.

True

False

14. If the composition of a food is known: (Choose one or more answers) *



Check all that apply.

- in carbohydrates and protein, then the energy (calories) of a certain amount of food can be easily calculated.
- in carbohydrates and fat, then the energy (calories) of a certain amount of food can be easily calculated.
- in carbohydrates, fat and protein, then the energy (calories) of a certain amount of food can be easily calculated.
- in carbohydrates, vitamins and minerals, then the energy (calories) of a certain amount of food can be easily calculated.

15. Which of the following are macronutrients? (Choose one or more answers). *



Check all that apply.

- Carbohydrates
- Protein
- Vitamins
- Fat
- Minerals/trace elements
- Water

16. Match the two columns. *



Mark only one oval per row.

	Carbohydrates	Protein	Vitamins	Fat	Minerals/trace elements	Water
Providing structural components.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Performing important functions of the body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Executing biochemical reactions & catalytic role in the metabolic process.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing energy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protecting various organs of the body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Building cells and tissues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. The energy requirements of a person depend on the following basic parameters: (Choose one or more answers) *



Check all that apply.

- basal metabolism and daily physical activity.
- daily physical activity & the thermogenic effects of food.
- basal metabolism and thermogenic effects of food.
- basal metabolism, daily physical activity & the thermogenic effects of food.

18. The term Basal Metabolism (BM) means the energy (calories) that the body consumes when it is at rest. That is, it is the minimum amount of energy required by the body to perform important functions, such as heart function, etc. *



Mark only one oval.

- True
- False

19. Muscle tissue has lower metabolic activity than adipose tissue. *

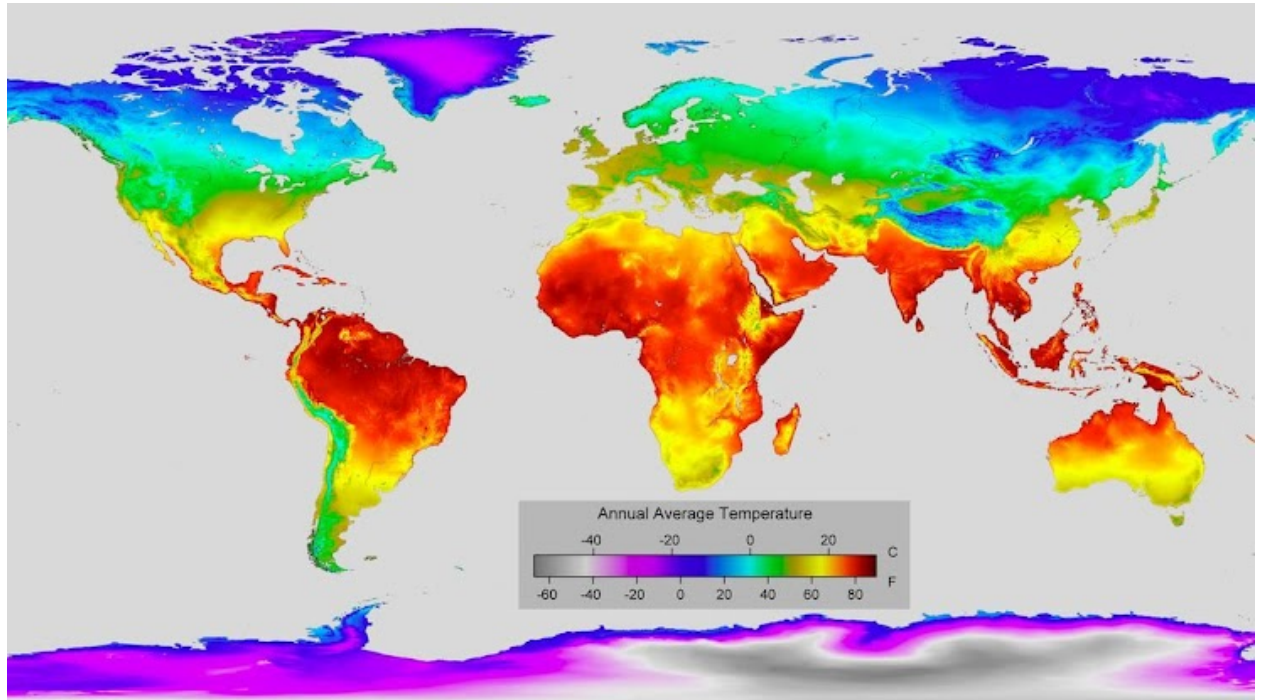


Mark only one oval.

True

False

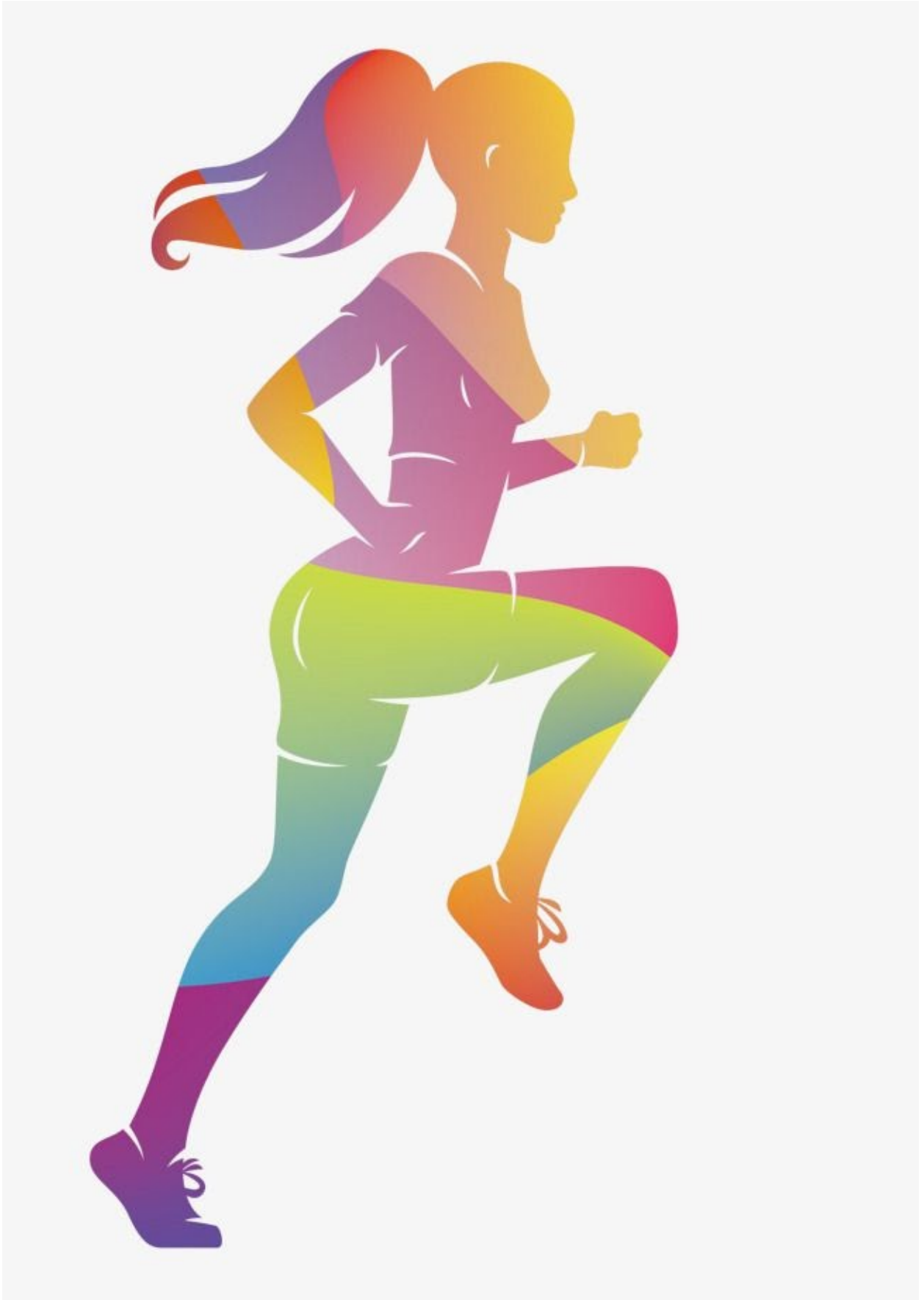
20. The climate in your country or region affects your metabolism. *



Mark only one oval.

- True
- False

21. Women usually have a higher metabolism than men. *



Mark only one oval.

- True
- False

22. Conditions such as chronic malnutrition or crash diets cause an increase in basal metabolism. *



Mark only one oval.

- True
- False

23. Hormones secreted in times of stress / tension increase basal metabolic rate. *



Mark only one oval.

True

False

24. Injury or various pathological conditions from a common cold to the most severe burn, cause an increase in basal metabolism. *

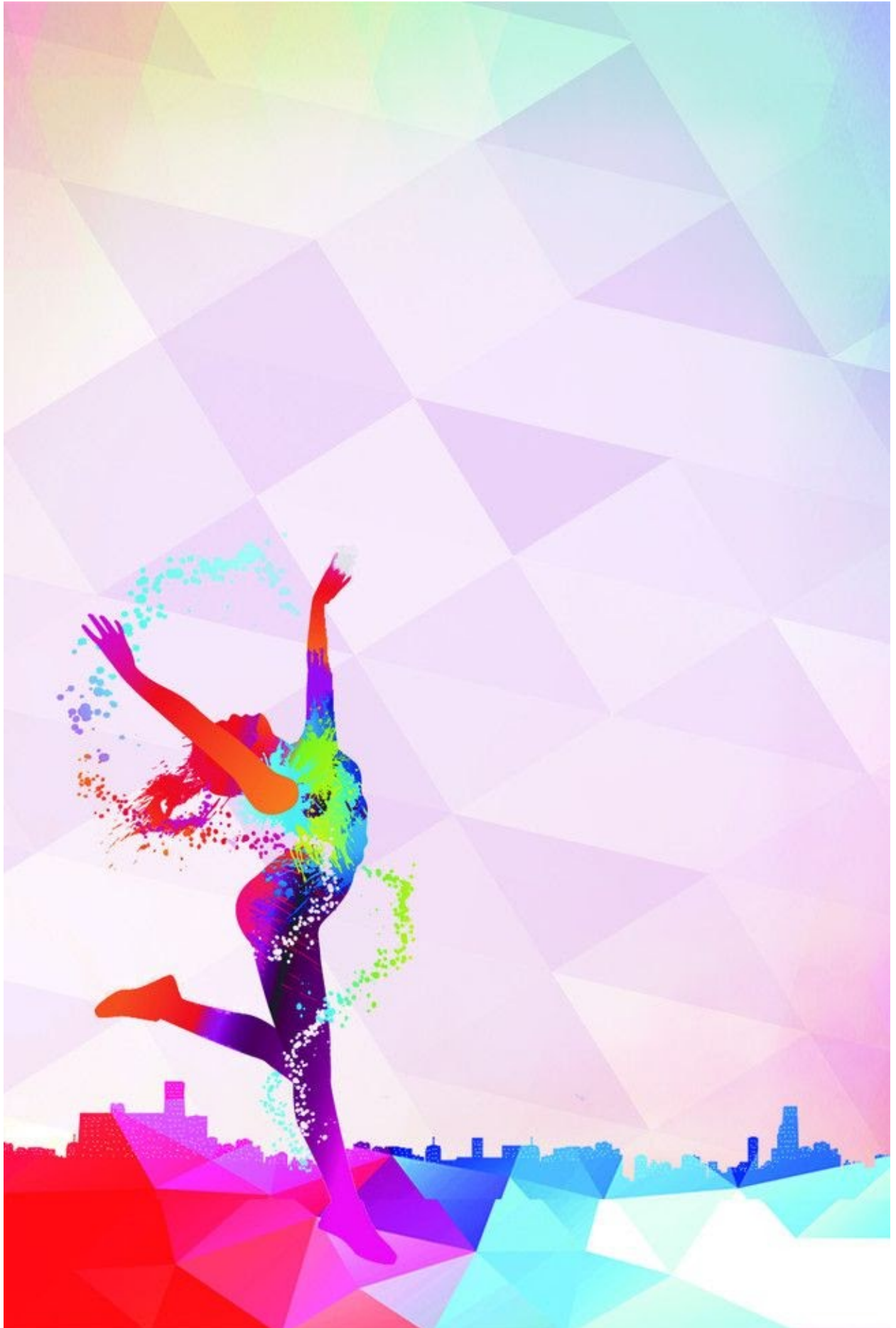


Mark only one oval.

True

False

25. Basal metabolism increases in adults by 2-8% per decade of life and this is mainly due to an increase in muscle mass. *



Mark only one oval.

True False

26. People who are in the developmental period, have an increased basal metabolism. *



Mark only one oval.

 True False

27. The energy expended in physical activity depends only on the type of activity. *



Mark only one oval.

True

False

28. Light activity includes (Choose one answer): *



Mark only one oval.

- housework
- slow walk
- dancing
- slow and brisk walk, driving, housework, carrying some weight etc.

29. The thermic effect of food involves the energy that the body uses for the digestive process, after each meal. *



Mark only one oval.

True

False

30. To calculate the thermic effect of food, 30% of the sum of basal metabolism and physical activity is calculated. *



Mark only one oval.

True

False

31. Much of the body's energy is spent on basal metabolism (involuntary functions), while the rest of the energy is spent on physical activity (voluntary functions). *



Mark only one oval.

True

False

32. Regarding energy balance, the following is/are true (Select one or more answers): *



Check all that apply.

- Energy Intake < Energy Expenditure → I get fat
- Energy Intake > Energy Expenditure → I get fat
- Energy Intake = Energy Expenditure → Normal weight
- Energy Intake < Energy Expenditure → I lose weight

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