

CHAPTER 8 QUIZ: HEALTH CONSIDERATIONS FOR THE ONLINE STUDENT

1. All of the following are essential components of optimal health, *except*:
 - a. Nutrition
 - b. Exercise
 - c. Good grades
 - d. Wellness

Answer: c. Good grades.

Having optimal health—including nutrition, exercise, and wellness—will assist you in getting good grades. Good grades are not, however, an essential component of optimal health.

2. Which of the following is *not* emphasized by the USDA's food pyramid?
 - a. Moderation
 - b. Proportionality
 - c. Variety
 - d. Carbohydrates

Answer: d. Carbohydrates.

The current version of the food pyramid, MyPyramid, acts as a reminder to make healthy food choices and be active every day. The icon emphasizes moderation, proportionality, and variety—keys to a healthy diet.

3. Whole grains are grains that have been processed and stripped of fiber, iron, and B-vitamins to give them a longer shelf life.
 - a. True
 - b. False

Answer: b. False.

Whole grains contain dietary fiber (for intestinal health), iron (for strength), and B-vitamins (for immunity). Refined grains have been processed and stripped of these qualities to give them a longer shelf life. The USDA recommends that half of the grains you eat each day be whole grains.

4. There are good types of fat and cholesterol.
 - a. True
 - b. False

Answer: a. True.

There are good types of fat and cholesterol. Some fat in your diet is good; saturated and trans fats, however, are not. Like fat, cholesterol also comes in good and bad versions. If too much LDL (bad) cholesterol circulates in your blood stream, it can clog your arteries and lead to a heart attack or stroke. Conversely, HDL (good) cholesterol moves away from the arteries, through the liver, and out of your body.

5. Which of the following is a reason to eat breakfast?
- a. Eating a good breakfast of protein and fiber fuels your body.
 - b. Studies show students who eat breakfast do better in school.
 - c. If you skip breakfast, you may find yourself snacking on high-sugar fixes.
 - d. All of the above.

Answer: d. All of the above.

All of these are good reasons to eat breakfast: eating a good breakfast of protein and fiber fuels your body; studies show students who eat breakfast do better in school; and if you skip breakfast, you may find yourself snacking on high-sugar fixes.

6. Drinking how many glasses of water a day is necessary for good health?
- a. 2
 - b. 4
 - c. 6
 - d. 8

Answer: d. 8.

Drinking 8 glasses of water a day is necessary for good health.

7. Using a person's weight and height to gauge total body fat in adults is a measurement known as:
- a. Body Mass Index (BMI)
 - b. Fat Cell Count (FCC)
 - c. Excess Calorie Amount (ECA)
 - d. All of the above

Answer: a. Body Mass Index (BMI).

Body Mass Index (BMI) is one of the most accurate ways to determine when extra pounds translate into health risks. BMI is a measurement using a person's weight and height to gauge total body fat in adults.

8. When you are working at your computer for several hours at a time, as a general rule, you should get up and stretch approximately how often?
- a. Every 5 minutes
 - b. Every half hour
 - c. Every two hours
 - d. When you are finished

Answer: b. Every half hour.

There are occasions when you may have to be at your computer for several hours at a time. As a general rule, you should get up and stretch every half hour. Besides tension relief and defense against injury, stretching elongates muscles, preparing them for growth.

9. Sleep deprivation results in:
- a. Decreased immune system function
 - b. Problems with concentration

- c. Poor performance at work and school
- d. All of the above

Answer: d. All of the above.

Sleep deprivation results in a decrease in immune system function, problems with concentration, memory impairment, and poor performance at work and school. Sleep lays the groundwork for a productive day ahead.

10. Feeling capable, competent, and independent, and being able to handle normal levels of stress, maintain satisfying relationships, and recover from difficult situations are all signs of:
- a. Physical health
 - b. Social health
 - c. Mental health
 - d. Financial health

Answer: c. Mental health.

Feeling capable, competent, and independent, and being able to handle normal levels of stress, maintain satisfying relationships, and recover from difficult situations are all signs of mental health.