

**Mission Nutrition Course
Pre Test**

Instructions: Circle the letter beside the BEST answer for each question.

- ___ 1. What is the body's main source of energy during a 1.5 mile run?
- a. Protein
 - b. Fat
 - c. Carbohydrates
 - d. Alcohol
- ___ 2. Which of the following is the most appropriate amount of fluid ounces to be consumed after losing two pounds of body weight during physical training?
- a. 20
 - b. 40
 - c. 60
 - d. 80
- ___ 3. True or False: If a book is written by a physician or PhD, it is definitely a credible source of nutrition information.
- a. TRUE
 - b. FALSE
- ___ 4. True or False: Excess protein enhances power.
- a. TRUE
 - b. FALSE
- ___ 5. What causes increased body fat?
- a. Unused calories
 - b. Unused sodium
 - c. Carbohydrate
 - d. Protein
- ___ 6. How many calories should an individual reduce from their diet each *day* to promote one to two pounds of fat loss per *week*?
- a. 2000
 - b. 1500
 - c. 1000
 - d. 500

___7. Which nutrient is the most damaging to your health?

- a. Mono-unsaturated fats
- b. Poly-unsaturated fats
- c. Trans fats
- d. Omega-3 fats

___8. As a leader, which Behavior Modification(s) would be most beneficial to a fellow Sailor who needs to improve their body composition?

- a. Eat a breakfast 2 times per week
- b. Supplement with cortisolim to reduce cortisol levels
- c. Supplement with fruit and vegetable antioxidants
- d. Resistance train 2-3 times per week

___9. Which website allows for an individual to create a free personalized diet program?

- a. www.choosemyplate.gov
- b. www.cdc.gov
- c. www.move.va.gov
- d. www.calorieking.com

___10. Which of the following is the best nutrient(s) to recover from high intensity exercise?

- a. fat and protein
- b. protein only
- c. carbohydrate and protein
- d. carbohydrate only