Mission Nutrition Course
Pre- and Post-Test Answer Key

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 cortical 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 are the best nutrient(s) to recover from high intensity exercise?
    a. fat and protein
    b. protein only
    c. carbohydrate and protein
    d. carbohydrate only