

**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 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](http://www.choosemyplate.gov)**
- b. [www.cdc.gov](http://www.cdc.gov)
- c. [www.move.va.gov](http://www.move.va.gov)
- d. [www.calorieking.com](http://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