

What Have You Learned?

- 1** What is considered obesity?
- a) Categorized by a body mass index (BMI) > 30
 - b) Categorized by a BMI < 18.5
 - c) Categorized by a BMI between 18.5 and 24.9
 - d) Categorized by a BMI between 25 and 29.9

- 2** What are the factors involved with overweight and obesity?
- a) Genetics
 - b) Overeating (specifically a diet consisting of high-fat foods)
 - c) Lack of exercise
 - d) All of the above

- 3** True or False. Even the modest weight loss (even 5 to 10 percent of your weight) can improve or prevent the health problems associated with obesity.

- 4** True or False. Obesity happens over time when you eat more calories than you use. The balance between the number of calories to eat and use is different for everyone.

- 5** Which of the following condition(s) can obesity increase the risk of?
- a) Type 2 diabetes
 - b) Heart disease
 - c) Stroke
 - d) Arthritis
 - e) All of the above

- 6** Which of the following are common dieting mistakes?
- a) Skipping meals
 - b) Trendy diets (example: extreme low-calorie diets)
 - c) Losing weight too quickly
 - d) All of the above

- 7** True or False. Weight management is all about balance. This means if you want to maintain a healthy weight, you need to balance the number of calories you consume with the number of calories your body uses or "burns off."

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8 **True or False.** If you want to lose weight, you need to eat fewer calories than you are using/burning. This will cause your body to start pulling from its fat storage cells for energy, so you will begin to lose weight.

9 **How many calories do you need to cut to lose 1 pound per week?**

- a) 100 calories a day
- b) 250 calories a day
- c) 500 calories
- d) 1,000 calories a day

10 **True or False.** Just because something is good for you doesn't mean you can eat as much of it as you want.