

<p>1.If the grocery product contains 0 % of fat, it means they're not fattening</p> <p>a). Eating light products is the best way to lose unnecessary kilograms, because the fat which is being accumulated in our organism, has the impact on the shape of our body .</p> <p>b). such products are usually full of preservatives (for example sweetener). Such products are also the source of simple sugars, which in fact are responsible for extra kilograms, so as a result, eating light products can be a trap.</p> <p>c). The combination of eating light products and doing physical activities, has the best influence on shaping our body and it is not fattening.</p>	<p>2.The less calories you intake, the better for your health.</p> <p>a). Even these people, who weight too much and are planning to lose weight should be aware of radical avoiding of calories, because in this way they can easily weaken the organism.</p> <p>b). Consuming food with low quality of calories lets us keep our organism in good physical condition and counteract obesity.</p> <p>c). There is certainly some minimum amount of calories, but generally the rule is good.</p>
<p>3.A vegetarian diet is :</p> <p>a). always healthier than eating meat</p> <p>b). healthy because it counteracts obesity</p> <p>c). healthy, on condition, that it satisfies the need for each nutritional ingredient</p>	<p>4.If you play sports, you will surely lose some weight:</p> <p>a). yes, intensive exercises burn fat so the weight and the amount of centimetres in waist are less</p> <p>b). after working out the appetite is bigger, and that's why you eat much more so as a result focusing only on doing sport isn't the best method to make your body fit</p> <p>c). It depends only on type and intensity of doing sport activity</p>
<p>5. Energy drinks are good and harmless source of energy:</p> <p>a). Indeed, it is possible due to the high content of glucose, which is easily assimilated sugar. This kind of sugar doesn't cause any side-effects.</p> <p>b). Drinking a lot of it can cause too high concentration sugar in blood, and thus, disorders in insulin secretion (creating).</p> <p>c). they give energy as well as strengthen the concentration spam (the level of concentration).</p>	<p>6. With the weight of 50 kilograms to burn 430 calories you need to:</p> <p>a). ride a bike for 15 minutes with the speed of 20 km per hour</p> <p>b). ride a bike for about 1 hour with the speed of 20 km per hour</p> <p>c). wash up the dishes for an hour</p>
<p>7. Can you treat anorexia pharmacologically ?</p> <p>a). No, due to the fact that this disease is connected with emotions. The only treatment is psychotherapy</p> <p>b). Yes, the symptoms are treated pharmacologically, but it's only part of comprehensive treatment.</p> <p>c). Yes, due to the fact that this is a terminal disease. Pharmacology is the basic of treatment.</p>	<p>8. Do anorexia involve only women?</p> <p>a). No, it concerns also men, even though, 10 times more often the women suffer from anorexia</p> <p>b). Yes, it concerns mainly young girls, who want to look like models</p> <p>c). Yes, it concerns only a specific group of women, who have also personality problems.</p>
<p>9. Is it possible to have bulimia and anorexia at the same time?</p> <p>a). No, because the person who suffers from anorexia, follow a special diet to lose weight or doesn't eat at all</p> <p>b). No, because both diseases are in fact nutrition</p>	<p>10. Monosodium glutamate (MSG) is one of the most commonly used food ingredients (symbol E621)</p> <p>a). it is used as a flavour and fragrance enhancer in high-protein products and it is a danger for the consumer</p>

<p>disorders, caused by different reasons, so they show different symptoms and characteristics</p> <p>c). Yes ,because the person who suffers from anorexia can demonstrate bulimia tendency (e.g. periodical gluttoning (eating too much),forcing vomits, or using laxatives) and in that way they can show anorexia symptoms.</p>	<p>b). Consumption of sodium glutamate, as a result of using it to reach the necessary level of desired taste effects of food, is a significant threat to our health</p> <p>c). consumption of the products containing MSG correlates with the higher risk of becoming overweight</p>
<p>11. Obesity is a medical condition in which the excess body fat has accumulated to the extent that it may have a negative effect on our health.</p> <p>BMI(Body Mass Index) is calculated as following:</p> <p>a). if BMI is between 20-25, it means that the person is overweight</p> <p>b). if BMI is between 25-30, it means that the person is overweight</p> <p>c). if BMI is over 30, it means that the person is overweight.</p>	<p>12. The most common causes of obesity among youth people are :</p> <p>a). Bad eating habits , lack of exercise, emotional problems, improper eating habits during the period of pregnancy, genetic predisposition</p> <p>b). Bad eating habits, lack of exercise, emotional problems, co-occurrence of diseases of nervous system, genetic predisposition</p> <p>c). Bad eating habits, lack of exercise , genetic predisposition, co-occurrence of mental illness.</p>
<p>13. According to the rules of healthy eating habits you should eat:</p> <p>a). 3 meals a day :breakfast, lunch, dinner</p> <p>b). 5 meals a day : every 3 hours and the last meal should be eaten minimum 1 hour before going to sleep</p> <p>c). the number of meals doesn't matter, the important thing is the quality of food you eat.</p>	<p>14. The symbols described as E plus a number, starting from E100 to E199, stand for:</p> <p>a). food colouring</p> <p>b). preservatives and acidity regulators</p> <p>c). antioxidants and synergists.</p>