

Metabolism Quiz

Instructor _____

Name _____

Date _____

Instructions: Read each question carefully, and then write T (true) or F (false) on the line next to the question.

1. ____ Slow running is a not good fat-burning exercise.
2. ____ Sprinting and hard aerobics are best for burning fat.
3. ____ Muscles weigh more than fat.
4. ____ Weight training is not a good way to burn fat.
5. ____ Resistance training, like lifting weights, can increase metabolism.
6. ____ Thermogenic refers to a foods ability to increase your body's metabolism.
7. ____ Metabolism can also be defined as the amount of calories your body burns throughout the day.
8. ____ Spicy foods are not considered thermogenic.
9. ____ Men are more likely to survive in a starvation situation because men are generally stronger than women.
10. ____ Eating a calorie restricted diet will slow your metabolism.
11. ____ Resistance exercise can reverse the effects of aging.
12. ____ There is no difference in the body's response to cooked or raw vegetables.