

W4B: Nutrition for the Cadet

1. A calorie and a Kcal are the same thing? (T/F)
2. It's safe to say that the more you weigh the more calories you burn during exercises and activities? (Yes or No)
3. Name the CDC stages slogan.
4. ChooseMyPlate is a costly resource for changing eating patterns (Yes/No)
5. What does it mean to "put the team before you"?
6. What trait is key to establishing patterns in healthier eating?
7. Who regulates food labels?
8. What's better for you, saturated fat or trans fat?
9. Is a gluten-free diet nutritionally sound for those without celiac disease?
10. Growth hormone is considered a P_____E_____D_____.
11. Carbohydrate loading is also known as _____.
12. High Protein diets are more beneficial than carbo-loading. (T/F)
13. Explain the differences between Heat Exhaustion and Heatstroke.
14. Hyponatremia involves the amount of sodium level in the blood. You go into hyponatremia when your sodium level rises/drops (circle one).
15. What does the hormone ADH regulate in the blood?