

THE METHOD® PILATES

NUTRITION 101 TEST

Name: _____ Date: _____

Telephone: _____ Email: _____

1. Water constitutes ____ % of the weight of muscles
 - a) 25%
 - b) 65-75%
 - c) 0%
 - d) none of the above
2. Water is a fluid, but not a beverage.
_____ True _____ False
3. All of the following are Macronutrients *except*:
 - a) carbohydrates
 - b) proteins
 - c) B-complex Vitamins
 - d) Water
4. A restricted diet can lead to food allergies and weight gain.
_____ True _____ False
5. An example of a Micronutrient would be: _____
6. Dehydration does all of the following *except*:
 - a) decrease blood volume
 - b) limit the body's capacity to transport blood to the skin
 - c) cause you to sweat
 - d) cause nausea, dizziness, and in some cases, death
7. Everyone should drink 8 glasses of water per day.
_____ True _____ False
8. The more a food is refined, the greater the food's fiber content.
_____ True _____ False
9. The following is an example of a complex carbohydrate:
 - a) fruit
 - b) brown sugar
 - c) fiber
 - d) peanut
10. The components of protein are called _____.
11. It is impossible to shrink the stomach.
_____ True _____ False

12. The minimal amount of protein a human needs per day is:
- a) 8 grams
 - b) 98 grams
 - c) 42 grams
 - d) depends upon the size of the person
13. A characteristic of an ineffective diet would be:
- a) lack of flexibility
 - b) the use of avoidance tactics
 - c) the categorization of “good” and “bad” foods
 - d) all of the above
 - e) none of the above
14. Some of the advantages of fat cells are:
- a) they store energy
 - b) they lower the risk of colon cancer
 - c) they support cell walls
 - d) A & C
15. A common fallacy about Vitamins is that they
- a) act with enzymes in chemical reactions
 - b) provide energy
 - c) are fat-soluble
 - d) are not manufactured by the human body
16. The recommended intake for fats is ____ % of total daily calories:
- a) 45%
 - b) 10%
 - c) as little as possible
 - d) 30%
17. What are the four basic themes of the 80Bites approach:
- 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
18. Cholesterol:
- a) is produced in the body by the pancreas
 - b) yields 4 calories per gram
 - c) contributes to the formation of sex hormones
 - d) all of the above

19. Water-soluble vitamins:
- a) need to be supplied daily
 - b) include Niacin and Folic Acid
 - c) are stored in your body
 - d) A & B
20. The breakdown of food components causing the release of energy as heat is called:
- a) anabolism
 - b) enzyme reaction
 - c) catabolism
 - d) DNA reproduction
21. In 80Bites, drinking a beverage with a meal is:
- a) optional
 - b) required
22. Water, caffeine, alcohol, and some medications can be absorbed directly into the lining of the stomach.
_____ True _____ False
23. What percentage of Americans are overweight?
- a) 50%
 - b) 63%
 - c) 31%
 - d) 25%
24. Sweating is a direct indication that fat is being burned.
_____ True _____ False
25. Simple sugars are readily absorbed by the body and therefore provide immediate energy.
_____ True _____ False
26. Conscious eating is the beginning of weight control.
_____ True _____ False
27. The required 80Bites Snack is _____ bites.
28. Surplus glucose in the body results from the excess intake of
- a) carbohydrates
 - b) proteins
 - c) all nutrients
 - d) vitamins
29. The pancreas organ is responsible for secreting _____.
30. The body has a limited capacity to store _____, but an unlimited capacity to store body fat.

31. Developing the stomach's muscle memory requires quantity awareness coupled with consistent eating events.
_____ True _____ False
32. Ways of decreasing chances of Coronary Heart Disease include:
a) decreasing the level of cholesterol intake
b) eating more proteins
c) decreasing level of saturated fat intake
d) A & C
33. Food intolerance is an adverse reaction to a food that involves the immune system.
_____ True _____ False
34. Bulimia nervosa is an eating disorder in which the individual starves him/herself.
_____ True _____ False
35. Women who have had an eating disorder during their teen years may develop which disease in their 30's?
a) arthritis
b) osteoporosis
c) diabetes
d) high blood pressure
36. The liver is responsible for:
a) storing vitamins and iron
b) absorbing nutrients
c) producing bile to help digestion
d) A & C
37. Please name a food that is a good source of Vitamin A: _____
One of Vitamin A's main roles is to: _____
38. Potassium is necessary for body water balance:
_____ True _____ False
39. Which of the following aids in the formation of hemoglobin?
a) copper
b) vitamin B
c) calcium
d) iron
40. The glycemic index of a food or fluid is:
a) the measurement of effect of the food on blood sugar level
b) the amount of sugar in the food
c) the amount of fiber in the food
d) none of the above

41. All amino acids must be provided from the diet.
 _____ True _____ False
42. If you consider taste, texture and color when putting together a meal, the nutrition will take care of itself.
 _____ True _____ False
43. Fat helps prevent hunger between meals because it slows down digestion in the stomach.
 _____ True _____ False
44. Every food that comes from an animal contains cholesterol; plant-based foods do not contain cholesterol.
 _____ True _____ False
45. The appearance of glucose in the urine is a major diagnostic test for:
 _____.
 (name disease)
46. What is the most natural and effective method of shrinking the stomach?
 a) liposuction
 b) reduced consumption
 c) stapling
 d) consistent consumption
 e) B & D
 f) low carb/high protein diets
47. Which of the following statements are true?
 a) Digestion is a rapid physiological process.
 b) The stomach must never be empty if shrinkage is to occur.
 c) An absence of water in the stomach speeds digestion
 d) Hot or cold food stimulates digestion
 e) Food groups must be isolated in order for proper digestion to take place.
 f) Nerve endings in the stomach wall detect the presence and quantity of food.
 g) Low-density foods can be digested more rapidly than foods of higher density.
 e) 4, 5 & 6
 f) 1, 2, 3, & 5
 g) 4, 6 & 7
 h) 3, 4, 6 & 7
 i) all of the above
 j) none of the above
48. What kind of tissue is the stomach made of?
 a) vascular
 b) fatty
 c) muscle
 d) organ

49. An erratic eating schedule poses no obstacles to weight-loss, as long as quantity remains consistent at every meal.
_____ True _____ False
50. The feeling of satiety occurs from:
a) the presence of fat in the meal
b) the physical stretching of the stomach
c) the ultimate rise in blood sugar
d) all of the above
51. An ideal afternoon snack would be:
a) a small green salad
b) a tangerine and a handful of almonds
c) a protein bar
52. You are having beer with your dinner of guacamole with tortilla chips, and a chicken enchilada. Beer should be _____ ounces _____ sips.
53. Coffee, a croissant and a side of fruit salad is:
a) an appropriate breakfast meal
b) too much food
c) unhealthy
54. You are having iced tea with your meal of tuna salad, whole grain toast and sliced tomato. Your portion of iced tea should be _____ ounces _____ sips.
55. Strawberry-Banana Smoothie is a snack or meal replacement with some:
a) biscuits
b) crackers
c) neither
56. A group of men and a group of women start the same diet. What happens?
a) The women lose weight faster because they have smaller appetites
b) The men lose weight faster because they are heavier to begin with
c) The men lose weight faster because they have more muscle mass
d) The women lose weight faster because they have less muscle mass
57. A diet without adequate carbohydrates will interfere with the ability to think clearly.
_____ True _____ False
58. Excessive, incorrect movement is likely to result in:
a) safe weight loss
b) injury
c) long muscles
d) balanced muscle development
59. Eating disorders may develop through obsessive dieting.
_____ True _____ False

Essay Question

Please describe your thoughts about eating before and after reading 80Bites. How has it affected the way you think about “numbers eating,” concepts such as “good” and “bad” foods, and food manipulation?