

Unit 2: Digestion, diets and addictions

Name _____

Answer T or F

1. Very low-carb diets are suitable as long-term diets.
2. A very low-fat diet is the best diet for losing weight.
3. Diet pills may prevent us from absorbing the important fat soluble vitamins A, D, E & K.
4. Complex carbohydrates give you more sustained energy than refined carbohydrates.
5. Drinking with meals is beneficial because it helps to wash the food down.
6. Eating a large meal in the evening is best for losing weight.
7. A cup of coffee before bed helps you to have a good night's sleep.

Answer each question with a single word:

8. Eating cane sugar and white flour products cause a rapid rise/fall in blood sugar. _____
9. The "high" that sugar gives depletes the body of vitamins and _____.
10. For good digestion it is important to _____ food well.
11. An example of a lifestyle disease is _____
12. The constant cycle of "highs" and "lows" brought about by caffeine can have the effect of making us feel _____.
13. Sources of caffeine are coffee, regular tea, chocolate and _____.
14. It is best not to snack in between meals so that the digestive system can _____.

15. If you are *really* in need of a snack in between meals, then a good one to have is _____.
16. People sometimes eat comfort foods, not because they are hungry, but because they feel _____.
17. An example of an addictive food is _____.
18. A sensible eating diet includes plenty of _____, fruits, complex carbohydrates, good quality protein and good fats.

Circle the correct answer:

19. For good digestion and sustained energy throughout the day, eat:
- a) a small breakfast, a small lunch and a large dinner.
 - b) a large breakfast, a good healthy lunch and a light or early dinner.
 - c) a light breakfast, a large lunch and a large dinner.
20. Anaphylaxis is:
- a) a life-threatening allergic response to a particular food
 - b) an intolerance to a food such as gluten in wheat
 - c) a weight-loss diet

Score: