



The right formula

Taking driving into the classroom

Revision Quiz Answers: Fitness and Nutrition

- Q** What do race drivers think about their body's health and fitness?
A sun low on the horizon
- Q** How often and for how long should young people exercise?
A one hour every day
- Q** How often and for how long should adults exercise?
A 20-30 minutes at least 3 times a week
- Q** In what form is energy stored in our muscles?
A glucose
- Q** Which parts of the body do aerobic exercises utilise?
A lungs and heart
- Q** What type of exercise requires intense bursts of energy over a short time?
A anaerobic
- Q** Which of the following is NOT contributing to a healthy lifestyle?
A worrying about weight
- Q** What should you do when stressed or worried?
A talk about it with a friend or relative
- Q** Which of the following means you are quite fit?
A short of breath after exercising
- Q** Which is the best way to wake up in the morning?
A lie in bed for a while
- Q** Which is our primary source of energy?
A food
- Q** Which is another name for our digestive tract?
A Alimentary canal
- Q** How many are the main food groups for a balanced diet?
A 5
- Q** When does digestion begin?
A when we start chewing food
- Q** What are the 'essential amino acids'?
A proteins



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Revision Quiz Answers: Fitness and Nutrition (continued)

16. **Q** Which type of fat can cause heart disease?
A saturated fats
17. **Q** Which group of fatty acids are beneficial to our health?
A omega 3
18. **Q** Which of the following statements is false?
A too much fibre causes constipation
19. **Q** How many vitamin groups are there?
A 6
20. **Q** Which of the following is NOT a carbohydrate?
A fat
21. **Q** Which group of people need the most sleep?
A children
22. **Q** Why is it important to have a good night's sleep before a race or an exam?
A to stay alert
23. **Q** What do we call the sleep stage during which we dream?
A REM sleep
24. **Q** How many times do we dream on average each night?
A 4-5
25. **Q** What is the main constituent of our bodies?
A water
26. **Q** How is our body's water requirement affected by exercise?
A increases
27. **Q** What happens when we lose 20% of our body's water?
A we die
28. **Q** What is the recommended liquid intake (normal activity)?
A 1.5-2 litres a day
29. **Q** What is alcohol classified as, in sport?
A drug
30. **Q** How long does our body need to metabolise 1 unit of alcohol?
A 60 minutes