**Mutations in ESRRA and HDAC4 genes cause a chronic imbalance of which hormone?**

a) Testosterone

b) Endorphins

**c) Estrogen**

d) Calcium

**What causes Bacterial Vaginosis?**

A) Showering with scented soap

B) Not showering

C) All of the above

D) None of the above

***What does Tethered Cord Syndrome cause?***

A) Destroys Blood Cells in the spinal cord.

B) This syndrome causes an abnormal stretching in the spinal cord.

C) Loss of back function right away.

D) It doesn't cause anything at all, is harmless.

**According to a new report from the United Nations, Which country is the most obese in the world?**

    A. U.S.A.       B. Hungary   **C. Mexico**    D. Norway

**According to the National Osteoporosis Foundation what is NOT a risk factor for osteoporosis?**

 A. Post-menopausal status  B. Over the age of 50  **C. Being a white woman**  D. low body weight

**Which of the following are clinical syndrome shown in a frail individual?**

     A. Weight loss     B. Self- reported exhaustion    C. Depression   **D. A and B**     E. All of the above

**Which of the following is not one type of protein supplements?**

a.Protein powder.

b.Protein bar.

c.Weigh gainer.

d.Meal replacement.

**e.All of them are protein supplements.**

**Name one strategy used to reduce consumption of sugar-sweetened beverages.**

what can cause bulimia?
*A) family*
B) Food
C) Exercise
D)none of the above

What was the purpose of the Organic Food Production Act of 1990?

 A) Clear up labeling confusion
B) Protect against fraud
C) Decrease cost of Organic produce
D) Increase interstate commerce of organic food
E) None of the above
F) A, B & D

The answer was F.

Which of the following is NOT a characteristic of organic farming practices:

A) Use of compost and crop rotation

B) Use of synthetic nitrogen fertilizers

C) Use of trap crops and natural enemies to decrease pests

D) Use of heavy machinery

E) Both B and D

Which of the follow is symptom of exercise bulimia?

A). overly involved in school, work and social gatherings

B). Amenorrhea

C). Exercise every day but stops when ill or injured

D). None of the above

Answer: B

What is the drug Vyvanse currently being marketed and prescribed as a medication for?

A). Binge Eating Disorder

B). Anorexia

C). Bipolar Disorder

D). ADHD

Answer: D

Which foods are not genetically engineered?

a) Foods on the East Coast

b) International foods

c) Non-processed foods

d) Organic Foods

1) Bee-assisted pollinated is NOT responsible for which of the following?
A) Almonds
B) Cotton
C) Oats
D) Apples

**Question 1:**  True or false. Is an obese person the same as being overweight? Answer: False.

**Question 2:** Where do we store our fat cells in the body?

 Answer: Adipose tissue

**Question 3:** What are the ways to classify obesity?

1. Percent of body fat
2. Distribution of fat
3. Body mass index
4. All of the above

Answer : D

**Question 4:** What does BMI stand for? Answer: Body Mass Index

**Question 5:** What enzymes control the size of fat cells?

1. Lipoprotien lipase (LPL)
2. Hormone-sensitive lipase (HSL)
3. A and B
4. None of the above

Answer: C

**Question 6:** What regions within the hypothalamus of the brain that controls hunger and satiety?

 Answer: Ventromedial nucleus controls satiety

 Lateral hypothalamus controls hunger

**Question 7:** What hormone that is produced by adipose tissue that suppresses hunger and promotes energy expenditure?

1. Ghrelin
2. Insulin
3. Leptin
4. None of the above

 Answer: C

**Question 8:** The lateral hypothalamus controls hunger, what hormone that is produced by the stomach that stimulates hunger during fasting or on a low kilocalorie diet?

1. Ghrelin
2. Leptin
3. Cholecytokinin
4. Peptide YY

 Answer: A

**Question 9:** What are the extreme measures for extreme obesity?

1. Liposuction
2. Gastric banding
3. Gastric bypass
4. All of the above

 Answer: D

**Question 10:** What is the strong sensation indicating a physiological need for food?

1. Appetite
2. Hunger
3. Satiety
4. None of the above

Answer: B

Which city is one of the ones with the most urban gardens?

A) Compton, Ca
B) Detroit , MI
C) New York, NY
D) Long Beach, Ca

Some of the physical effects of anorexia include:-

a) Depression

b) Poor memory

c) Yellowish skin

d) a&c

e) all of the above

Answer=  E, all of the above

Which is *not* a determining factor of the existence of a food desert, in a given community?

A. An area where affordable food is difficult to obtain

B.A farmer’s market must be present  at least once a week in the area

C. Consumer’s residence is 1-10 miles from the nearest supermarket

D.A community’s distance from nutritional food retailers

E. None are true

Which of these methods are the most effective way specifically for weight loss?

A. Liposuction

B. Gastric Banding

C. Gastric Bypass

D. Laughing with your pet

The answer is C!

Explain one reason why “Diet” sodas and foods marked “Light” might not help someone lose weight.

Answer: Increased cravings for unhealthy vs. nutritious foods, addictive, much sweeter than sugar - overstimulation of sugar receptors limits preference for more complex tastes, prevent consumers from associating sweetness with caloric intake, Diet Coke/Big Mac mentality - consumers believe they can make unhealthy food choices since they "bypassed" calories by drinking calorie free beverages, increased risk for metabolic syndrome

What was the purpose of the Organic Food Production Act of 1990?

A) Clear up labeling confusion
B) Protect against fraud
C) Decrease cost of Organic produce
D) Increase interstate commerce of organic food
E) None of the above
F) A, B & D

The answer was F.

what can cause binge eating ?

a)cupcakes

b)exercise

c)stress

d)boredom

e)c and d

and the answer is e