

Health Hangs in the Balance

Activity B

Name _____

Chapter 12

Date _____ Period _____

Read the following statements about energy imbalance. Circle *T* if the statement is true. Circle *F* if the statement is false.

- T F 1. Going on a weight-loss diet is an example of creating an intentional energy deficiency.
- T F 2. Energy deficiency occurs when energy output is less than energy intake.
- T F 3. Energy deficiencies may be caused by poverty, famine, illness, or dieting.
- T F 4. When there is an energy deficiency, the body draws first on fatty tissue to meet its needs.
- T F 5. The stored form of glucose from carbohydrates for use by nonmuscle tissue is liver glycogen.
- T F 6. Glycogen stores will be depleted within two to three hours after the body begins to draw on them for energy.
- T F 7. Weight loss occurs as the body draws on fatty tissue for energy.
- T F 8. The nervous system uses only fat as a fuel source.
- T F 9. The body can convert fat into glucose for use as a fuel source.
- T F 10. The body can easily make glucose from amino acids to feed the nervous system without any health consequences.
- T F 11. Breaking down muscle proteins causes a rapid weight loss due to loss of body fluids.
- T F 12. Changing fatty acids into ketone bodies is the body's way of limiting muscle deterioration when carbohydrates are not available.
- T F 13. A buildup of ketone bodies in the bloodstream is a sign of good health.
- T F 14. Ketosis changes the acid-base balance of the blood.
- T F 15. Low-carbohydrate diets are recommended by most nutritionists.
- T F 16. A weight-loss diet needs to include adequate amounts of carbohydrates to prevent damage to body protein tissues.
- T F 17. Energy excess occurs when energy output is less than energy intake.
- T F 18. Excess calories are stored as adipose tissue.
- T F 19. An excess of 2,400 calories in the diet leads to one pound of stored body fat.
- T F 20. The amount of weight a person gains within a given time depends on the degree of energy excess.
- T F 21. Just a small daily energy excess can result in a number of added pounds of body fat over a period of years.
- T F 22. The more excess fat a body has, the greater the risks for health problems.