



Doctor Mike Quiz: How Well Do Strangers Know Nutrition?

Description

Doctor Mike is popular on TikTok and Instagram. He is a doctor and makes fun, educational videos.

Now, he is working with MyFitnessPal. They are asking people on the street about food and nutrition. They want to know what people know about protein, sugar, and calories in common foods.

You can watch the video to see how people responded.

Many people do not know enough about nutrition. A survey by MyFitnessPal showed that most people guess too low for the fat in foods like tacos and salads. They also do not know how much protein, fiber, sugar, or salt they eat every day.

Doctor Mike says it's important to know about these nutrients. Too much of some can be bad for your health. For example, eating enough fiber is good for your gut.

Many people also guess wrong about calories. In the video, some thought peanut butter had up to 800 calories when it has only 180. Checking food labels can help you learn more about what you eat.

Using apps like MyFitnessPal can help you keep track of your food and make better choices.

Vocabulary List:

1. **Nutrition** /ˈnjuːˈtrɪʃən/ (noun): The process of obtaining the food necessary for health and growth.
2. **Nutrients** /ˈnjuː.tri.ənts/ (noun): Substances that provide nourishment essential for the maintenance of life and for growth.
3. **Calories** /ˈkæl.ə.rɪz/ (noun): Units of energy used to measure the amount of energy food provides.
4. **Fiber** /ˈfaɪbər/ (noun): A type of carbohydrate that the body cannot digest important for digestive health.
5. **Protein** /ˈprəʊ.tiːn/ (noun): Macromolecules composed of amino acids essential for body function.
6. **Surveys** /ˈsɜːr.veɪz/ (noun): Research methods used to gather information from a group of people.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which of the following activities is essential for maintaining physical fitness and overall health?

Option: Watching TV



- Option: Eating fast food
- Option: Regular exercise
- Option: Sleeping all day

2. What do we call the substances found in food that are essential for growth energy production and overall health?

- Option: Harmful elements
- Option: Empty calories
- Option: Nutrients
- Option: Toxins

3. A health condition lasting for a long period or constantly recurring is known as:

- Option: Acute
- Option: Chronic
- Option: Temporary
- Option: Sporadic

4. Inflammation often leads to which common visible symptom?

- Option: Fever
- Option: Swelling
- Option: Fatigue
- Option: Hunger

5. What term describes the process of controlling or maintaining a specific condition within a certain range?

- Option: Accelerate
- Option: Regulate
- Option: Disrupt
- Option: Ignore

6. Which substance derived from food provides the power to perform physical or mental activities?

- Option: Oxygen
- Option: Fiber
- Option: Protein
- Option: Energy

7. The initiation or starting of a process or function is known as:

- Option: Deactivation
- Option: Inactive state
- Option: Activation
- Option: Reactivity

8. Which method is commonly used to collect data by asking questions to a group of people for statistical analysis?



- Option: Laboratory tests
- Option: Surveys
- Option: Guesswork
- Option: Intuition

9. The way in which a person or animal acts or conducts oneself especially in response to a particular situation is referred to as:

- Option: Attitude
- Option: Behavior
- Option: Appearance
- Option: Reaction

10. Substances formed by the union of two or more elements are called:

- Option: Elements
- Option: Compounds
- Option: Mixtures
- Option: Solutions

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ are a unit of energy used to indicate the amount of energy that foods will produce in the human body.

12. _____ are conducted to gather information and insights from a target audience to make informed decisions.

13. Showing _____ towards others involves understanding sharing and being sensitive to their emotions and experiences.

14. Plants contain various _____ compounds that have healing properties and are used in traditional medicine.

15. Regular exercise helps keep the body _____ and improves overall health and well-being.

16. Understanding the factors that influence human _____ allows for better prediction



and management of actions.

17. Eating a balanced diet ensures that the body has enough _____ to perform daily activities.

18. Consuming foods rich in _____ can aid digestion and help prevent constipation.

19. Feeling _____ can be a sign of physical or mental exhaustion and may indicate the need for rest.

20. _____ play a crucial role in building and repairing tissues supporting immune function and as a source of energy.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Plants release during photosynthesis which is essential for the survival of most living organisms.
22. is a form of programmed cell death that is regulated differently from apoptosis.
23. The condition of being grossly overweight or having an excessive amount of body fat is referred to as .
24. Systematic is conducted to discover new knowledge validate existing theories or solve practical problems.
25. Medical treatment involving the use of chemical agents to destroy cancer cells is known as .
26. The process by which the body breaks down food into smaller components for absorption and energy production is called .
27. is the body's response to injury or infection characterized by redness swelling heat and pain.
28. functions include perception memory thinking and awareness.
29. A illness or condition is one that persists over a long period or tends to recur.
30. are substances made up of two or more elements that are chemically bonded together.



Answer

Multiple Choice: 1. Regular exercise 2. Nutrients 3. Chronic 4. Swelling 5. Regulate 6. Energy 7. Activation 8. Surveys 9. Behavior 10. Compounds

Gap-Fill: 11. Calories 12. Surveys 13. Empathy 14. Medicinal 15. Fit 16. Behaviour 17. Energy 18. Fiber 19. Tired 20. Proteins

Matching sentence: 1. Oxygen 2. Necroptosis 3. Obesity 4. Research 5. Chemotherapy 6. Digestion 7. Inflammation 8. Cognitive 9. Chronic 10. Compounds

CATEGORY

1. Health - LEVEL1

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