

# The Impact of Nutrition & Physical Activity on Healthy Aging

## Test Questions

1. The four contributors to functional longevity are mental, spiritual, social and \_\_\_\_\_
  - a. Community
  - b. Physical
  - c. Educational
  - d. Emotional
2. The primary cause of sarcopenia is aging, while secondary causes include: (Circle all that apply)
  - a. Disease
  - b. Inactivity
  - c. Malnutrition
  - d. Smoking
3. Physical activity needs for adults are, at minimum:
  - a. At least 150 minutes per week of moderate intensity activity such as brisk walking
  - b. 75 minutes a week of vigorous intensity activity such as hiking or running
  - c. a or b
  - d. 90 minutes per week of low impact activity such as swimming
4. Factors impacting protein efficacy include: (Circle all that apply)
  - a. Environmental factors such as age, diet, and physical activity
  - b. Physico-chemical factors such as protein composition, processing and interactions with other dietary components
  - c. Biological factors such as body weight and bone density
  - d. Lifestyle factors such as smoking and alcohol intake
5. Providing \_\_\_\_ grams of pre-bedtime protein may preserve whole body lean mass:
  - a. 25
  - b. 15
  - c. 20
  - d. 10

# The Impact of Nutrition & Physical Activity on Healthy Aging

## Test Answers

1. The four contributors to functional longevity are mental, spiritual, social and \_\_\_\_\_
  - a. Community
  - b. Physical
  - c. Educational
  - d. Emotional
2. The primary cause of sarcopenia is aging, while secondary causes include: (Circle all that apply)
  - a. Disease
  - b. Inactivity
  - c. Malnutrition
  - d. Smoking
3. Physical activity needs for adults are, at minimum:
  - a. At least 150 minutes per week of moderate intensity activity such as brisk walking
  - b. 75 minutes a week of vigorous intensity activity such as hiking or running
  - c. a or b
  - d. 90 minutes per week of low impact activity such as swimming
4. Factors impacting protein efficacy include: (Circle all that apply)
  - a. Environmental factors such as age, diet, and physical activity
  - b. Physico-chemical factors such as protein composition, processing and interactions with other dietary components
  - c. Biological factors such as body weight and bone density
  - d. Lifestyle factors such as smoking and alcohol intake
5. Providing \_\_\_ grams of pre-bedtime protein may preserve whole body lean mass:
  - a. 25
  - b. 15
  - c. 20
  - d. 10