

Chapter 6 Test, Metabolism

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others.

1. Everyone's metabolism is: The Same Different High Low
2. This is one of the worst things you can do to your metabolism. _____
3. Your body doesn't metabolize food well that you eat:
In the morning In the afternoon Late at night After school
4. How many calories are in one gram of fat? _____
5. Roughage cleans out the digestive system: True False
6. Metabolism and weight are not just about calories, but about _____ of food and exercise.
7. This can affect your metabolism. In fact, you should get 8-11 hours of this. _____
8. This stimulates your body and helps all your systems work together better:
Exercise Caffeine Sleep Breathing
9. Your body is much like a _____, except you can't turn your body off!
10. Different foods have different numbers of _____.

Fill in the blank choices:

Balance
Car
Seventeen
Overeat
Carbohydrates
Nine
Sleep
Calories
Exercise
Starve yourself