

**Lesson Quiz 16****Lesson Quiz**

FOR USE WITH CHAPTER 5, LESSON 1

**I. Directions:** Match each definition in the left column with the correct term in the right column. Write the letter of the term in the space provided.

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| _____ 1. The process by which the body takes in and uses food  | a. appetite  |
| _____ 2. The units of heat that measure the energy used by the body and the energy that foods supply to the body | b. calories  |
| _____ 3. The substances in food that your body needs to grow, to repair itself, and to supply you with energy    | c. hunger    |
| _____ 4. A natural physical drive that protects you from starvation  | d. nutrients |
| _____ 5. A desire, rather than a need, to eat  | e. nutrition |

**II. Directions:** In the space provided, write the term from the list that best completes the statement.

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|---|----------------|
| 6. Eating to be sociable at a party is an example of _____  | advertisements |
| 7. When you eat because you are feeling stressed, you are allowing _____ to affect your eating habits.    | appetite       |
| 8. A person's cultural background is a(n) _____ factor that influences food choices.                      | emotions       |
| 9. People need to analyze the health messages given by food _____ in order to make informed food choices. | environmental  |
| 10. Good nutrition, along with other healthful habits, can increase your overall _____                    | wellness       |