

Msgr. Gray's 25th Anniversary Trivia Night

Round 2:

Nutrition/Fitness

Nutrition/Fitness Question 1

- Foods can be generally broken down into their macronutrients: protein, carbohydrates, and fat.
- Both protein and carbs have a caloric value of 4 calories per gram.
- How many calories are in a gram of fat?

Nutrition/Fitness Question 2

- Losing weight depends on being in a calorie deficit in which a person burns off more calories than consumed. This principle is sometimes expressed by the acronym CICO.
- What does CICO stand for?

Nutrition/Fitness Question 3

- One of the factors that affects weight is the number of calories that a person burns at rest apart from exercise or activity levels.
- The minimum number of calories that the body burns to maintain ordinary biological functions is called your BMR.
- What does BMR stand for?

Nutrition/Fitness Question 4

- If a person consistently burns more calories than he consumes, he will lose weight.
- What is the number of excess calories that a person must burn in order to lose one pound of fat?

Nutrition/Fitness Question 5

- There are many systems for measuring a person's body fat percentage, such as with BMI (body mass index), skinfold calipers, body circumference measurements, electric scales that measure bioelectric impedance, and even hydrostatic (underwater) weighing.
- Although debatable, the gold standard for measuring body composition is a body scan using low level x-rays to determine the quantity of muscle, bone, and fat on the body.
- This scan is known by a four letter acronym. What is the name of this scan?

Nutrition/Fitness Question 6

- The fat cells in the body are metabolically active and produce hormones that help to regulate appetite.
- Leptin is generated when the body has sufficient energy reserves and serves to reduce hunger.
- On the other hand, another hormone is released in the stomach and signals increased appetite to the brain to encourage the person to eat.
- What is name of this “hunger” hormone?

Nutrition/Fitness Question 7

- Food manufacturers have learned to market their foods to a public that is increasingly health conscious.
- However, healthy food that is good for you does not always taste as appetizing as less healthy alternatives that are made to be more appealing.
- Manufacturers have learned to market the healthy aspects of certain foods to engage the consumer, even if the overall product is not healthy.
- For example, a food might be described as “all natural” or “low fat”, even if it has a very high calorie content.
- Although this “effect” is not related to a “top” brand of ice cream, what is this name of this phenomenon?

Nutrition/Fitness Question 8

- When working out, a gym bro tells you, "I just hit a PR when I benched three plates."
- How much weight is he talking about?

Nutrition/Fitness Question 9

- In addition to strength training to build muscle, cardio exercises are important for burning calories. Cardio can be anything from walking to rapid sprints.
- Short, concentrated bursts of energy repeated after brief periods of rest can be called HIIT cardio.
- What does HIIT stand for?

Nutrition/Fitness Question 10

- Weightlifters use free weights and machines. While free weights work more stabilizing muscles and promote functional fitness, machines reduce the risk of injury and insure proper form.
- One of the most popular machine manufacturers is this company that shares its name with a type of sea mollusk with a spiral shaped shell.
- What is the name of this fitness manufacturing company?

Nutrition/Fitness Trivia Answers

Nutrition/Fitness Answer 1

- Protein = 4 kCal/g
- Carbs = 4 kCal/g
- **Fats = 9 kCal/g**

Nutrition/Fitness Answer 2

- Losing weight require taking in fewer calories that you expend in activity.
 - **CICO = Calories In; Calories out**

Nutrition/Fitness Answer 3

- The body's generation of heat is known as thermogenesis and represents the amount of energy expended by the metabolic functions of the body at rest. This calculation represents the base number of calories burned, while additional activity or exercise increases calorie expenditure.
 - **BMR = Basal Metabolic Rate**

Nutrition/Fitness Answer 4

- One pound of fat is burned by expending an additional **3500 calories** over calories consumed.

Nutrition/Fitness Answer 5

- The use of low level x-rays to measure body composition is called Dual-energy X-ray absorptiometry.
- Bone density, muscle mass, and fat mass can be measured with this technology called a

DEXA scan

Nutrition/Fitness Answer 6

- Leptin is generated by fat cells to reduce hunger.
- The hormone generated in the stomach to increase hunger and appetite is called

Ghrelin

Nutrition/Fitness Answer 7

- Manufacturing one healthy aspect of a food to encourage the purchase of an unhealthy product is called the

Health Halo Effect or **Halo Effect**



Nutrition/Fitness Answer 8

- “I just hit a PR when I benched three plates” means the weightlifter pressed the 45-pound bar and 3 45-pound plates on each side of the bar. This is a total of

315 pounds

- In kilograms, this would be a 20 kg bar and 3 20 kg plates per side, or

140 kilograms



Nutrition/Fitness Answer 9

- Exercises like wind sprints are called HIIT Cardio, or **High Intensity Interval Training**

Nutrition/Fitness Answer 10

- The fitness company that also shares its name with a sea mollusk is:

Nautilus

