

Way of Life TEST

1. Choose the correct answer.
 - a) Smoking doubles the risk of stroke.
 - b) Passive-smoking does not increase the risk of stroke.
 - c) People who have been smoking for decades more often have lung cancer and heart attack.

2. Choose the correct answer.

The main cause of death in Hungary is

 - a) cardiovascular diseases.
 - b) communicable diseases.
 - c) digestive diseases.

3. Choose the **incorrect** answer.
 - a) Decreasing the cholesterol level of blood may significantly abate the risk of cardiovascular diseases or death.
 - b) High cholesterol level does not have influence on the chance of cardiovascular diseases.
 - c) Patients who have high cholesterol- and triglyceride level need to take medicine continuously to decrease the risk of cardiovascular diseases.

4. Choose the correct answer.

The risk of cardiovascular diseases can be decreased by

 - a) changing the eating habits.
 - b) increasing the physical activity.
 - c) losing weight.
 - d) giving up smoking for good.
 - e) All the answers are correct.

5. Choose the correct answer.

You can improve your physical activity

 - a) by walking (for at least 30 min.).
 - b) by heavy-marching (for at least 30 min.).
 - c) by cycling (for at least 30 min.).
 - d) by swimming (for at least 30 min.).
 - e) All the answers are correct.

6. Choose the correct answer.
 - a) Physical activity and changing eating habits help keeping the optimal weight and overweight people lose weight.
 - b) Losing weight is not important at a young age, obesity is a problem for only old people.
 - c) Obesity at a young age doesn't increase the risk of cardiovascular diseases later.

7. Choose the correct answer.

Changing the way of living is the first step in treating the following diseases:

- a) high blood pressure
- b) diabetes
- c) morbid overweight
- d) cardiovascular disease
- e) kidney disease
- f) All the answers are correct.

8. Choose the correct answer.

- a) Obesity in childhood has great importance.
- b) Considering obesity in childhood, the most dangerous period is the age between 10-13 years, pubertal period.
- c) 70% of children who are obese at the time of puberty will probably be obese at adulthood.
- d) Lack of exercise plays a significant role in childhood obesity.
- e) All the answers are correct.

9. Who are threatened by obesity the least?

- a) Couch potatoes
- b) Children who drink soft drinks containing a lot of sugar.
- c) Physically inactive children.
- d) Physically active children.

10. Choose the correct answer.

Factors disposing you to cardiovascular diseases are

- a) high blood pressure.
- b) smoking.
- c) high cholesterol level.
- d) obesity.
- e) All.

11. Choose the correct answer.

The right eating habit is

- a) having a hearty-meal twice a day.
- b) no breakfast, 1-2 sandwiches for lunch, a hearty-meal for dinner.
- c) a hearty-meal for breakfast, an average lunch, low calorie food for dinner.

12. Choose the incorrect answer.

Advice to avoid obesity:

- a) Don't read newspapers while eating.
- b) Don't eat while watching TV.
- c) Eat once a day, if possible a hearty-meal for dinner.
- d) Don't eat titbits at night.

13. Choose the incorrect answer.

What should an adult do in case he/she realizes to have put on weight?

- a) He/she should intake less calories.
- b) He/she should do some sports.
- c) Both a) and b) at the same time.
- d) He/she shouldn't take care.

14. Choose the correct answer.

Do you believe that several diseases can be prevented by changing the way of living so everybody is responsible for his/her own health?

- a) Yes.
- b) No, the environment is more responsible.
- c) The health system is responsible for preventing diseases.

15. Choose the **incorrect** answer.

- a) Half of the population in Hungary suffers from weight problems just like in the developed countries.
- b) Obesity in Hungary is an endemic.
- c) Obesity is a significant risk factor of cardiovascular diseases.
- d) Some overweight people suffer from high pressure as well.
- e) Obesity has no importance in the popular health system.

16. Choose the correct answer.

- a) The manageability of fat diabetic patients could be made more efficient by losing 5-10 kg weight.
- b) In certain cases the improvement is so significant that diabetes can be treated only by a diet, and chemicals can be given up.
- c) It is extremely important to train people for a health-conscious lifestyle.
- d) All the statements are true.

17. Choose the correct answer.

- a) The rates of carbohydrates, protein and fat we intake are not ideal in Hungary.
- b) People in Hungary intake too much salt.
- c) People in Hungary consume too little fish.
- d) People in Hungary should eat more fruits and vegetables.
- e) All the statements are true.

18. Which is the exception?

The principles of up-to-date nutrition with one exception are:

- a) The diet should contain low-fat foodstuff, lean meat and dairy products.
- b) You should lessen your salt consumption.
- c) Your diet should be based on whole-wheat products.
- d) You should eat dairy products every day.
- e) You need to eat fruits and vegetables.
- f) Lean meat, fish and egg are important elements of your diet.
- g) Sweets and desserts can be eaten without stint.

19. Choose the **incorrect** answer.

- a) Consuming too much salt increases the risk of high blood pressure.
- b) Raw materials do not contain enough sodium so we need to put salt into the dishes.
- c) The food industry is also responsible for consuming too much salt because the preservatives they use contain too much sodium and salt.

20. Choose the **incorrect** answer.

- a) Drinking 2-2.5 litres of water is needed for normal vital functions.
- b) You should drink mainly still mineral water in really hot weather.
- c) It is good to drink fizzy drinks with a lot of sugar.
- d) Shakes can be made of any seasonal fruit, it is good to consume them.
- e) Milk, dairy products, eggs can be a supplement of your breakfast or dinner.