



Pre-Conference Healthy Lifestyle Quiz ANSWERS

1. In terms of diets, what does SAD stand for? **Standard American Diet**
2. What's the best type of workout to promote good health? **The one you love & will do.**
3. Name all 4 fat soluble vitamins. **K, A, D, E**
4. Name the 9 water soluble vitamins. **C, (B Vitamins) = Folate, Thiamine, Riboflavin, Niacin, Pantothenic acid, biotin, Vitamin B6, and Vitamin B12**
5. What is insulin? **The hormone that carries glucose (sugar) into cells and out of the blood stream.**
6. What two organs secrete insulin? **Pancreas, and Liver.**
7. Is it good to be insulin sensitive? (*circle*) **YES** or NO. Why? **Because it stabilizes blood sugar faster or removes it from the blood stream faster.**
8. What are bile and lipase? **The enzymes that break down dietary fat.**
9. What organ produces bile? **LIVER.** Where is bile stored? **Gall Bladder**
10. What organ produces lipase? **Pancreas**
11. What enzyme breaks down carbohydrates? **Amylase**
12. What two body parts secrete the enzymes that break down carbohydrates? **Your Mouth and Pancreas**
13. What two enzymes break down protein? **Pepsin and Protease.** What organs secrete the enzymes? **The Stomach secretes Pepsin and the Pancreas secretes Protease.**
14. What is microbiome? **A collection of microorganisms, viruses and bacteria living in and on our bodies such as the digestive system which plays a major role in the health of a person.**
15. What conditions cause GERD or Acid Reflux? **When stomach acid is too low.**

Correct: _____ Name: _____