

## 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. At the end is are two short answer questions.

1. Which part of your body uses more energy? Muscles or Fat
2. Water has nothing to do with metabolism: True False
3. People whose metabolisms are not in good shape become \_\_\_\_\_ easily.
4. High-energy activities work this muscle that pumps blood. \_\_\_\_\_
5. Everyone has the same metabolism: True False
6. Describe in a couple sentences what you can do to increase your metabolism.
7. What's the difference between a high-energy activity and a low-energy activity? Give an example of each.

Fill in the blank choices:

Metabolism

Heart

High energy

Exercise

Low Energy

Calories

Water

Nutrients

Tired

Healthy foods