

# College and occupational stress

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**ASSIGN  
BUSTER**

**Activity 11. 1: Check Your Knowledge in Nutrition and Lifestyle Issues**

Directions: Test yourself on how much information from Chapter 11 you have absorbed about the relationship between stress and lifestyle issues.

1. To lower your blood cholesterol level you must stop eating all kinds of oils. (True/False)
2. Reading food labels can help you eat the right kinds of food. (True/False)
3. How and what you eat is not related to the level of stress experienced in your life. (True/False)
4. High-glycemic carbohydrates can be rapidly converted into sugar and lead to an insulin spike and they include. (True/False)
5. To stop smoking, you need a structured plan and draft the support of many people in your life. (True/False)
6. The most common reason people report drinking alcohol is for concentration during work and studies. (True/False)
7. Lack of sleep weakens your immune system, elevates cortisol levels, accelerates aging, interferes with growth, impairs memory, reduces sex drive, and contributes to a greater susceptibility to diseases like diabetes and Cushing Syndrome. (True/False)
8. You sleep better by watching exciting movies or reading thrillers. (True/False)
9. A high-fat diet may improve the immune system. (True/False)
10. Excess simple sugars deplete vitamin stores, particularly B-complex. (True/False)
11. Caffeine and other sympathomimetics trigger the sympathetic nervous system. (True/False)

12. Chronic stress depletes vitamins B and C. (True/False)

13. High sodium in your diet may lower blood pressure. (True/False)