

CM1 Hydration Video Test

Name: _____

Date: _____

Directions: All answer options are written in bold below each question. Circle the correct answer. Make sure to put your name and date on the test paper.

1. Hydration means more than water, it is also drinks with added nutrients like carb, protein and _____.

Fat, Fit, Foot

2. Athletes require a steady stream of energy from food or _____ in order to perform consistently and maintain stamina.

Nitrogen, Hemoglobin, Fluid

3. _____ digest quickly and are first choice in providing quick energy.

Carcinogens, Carnivores, Carbohydrates

4. Protein digests a little slower and helps sustain energy, it is not what you need for quick _____.

Enzymes, Enigmatic, Energy

5. Fat is the slowest nutrient to digest, and is best for long _____.

Endomitriosis, Dioxyneucleic Acid, Endurance

6. Protein and Fat Based Drinks are better for _____ the activity

Over, After, Under

7. Milk, Yogurt Smoothies, Protein Shakies, or Milk Shakies are fat and protein drinks and can cause _____ if consumed during the activity

Nautilus, National, Nausea

8. Water with added sugar like diluted fruit drinks, sports drinks or flavored water will hydrate you quickly and adds carbs for working _____

Maritals, Morsels, Muscles