

# Belly Fat Practice Test Questions and Answers

## 1. Which foods are regarded as whole grains?

- A) Broccoli
- B) Peas
- C) Popcorn
- D) All of the above

## 2. The "golden road" to losing belly fat is...

- A) Bariatric surgery
- B) Walking
- C) Tummy tuck
- D) Liposuction

## 3. Large bellies have been associated with \_\_\_\_\_.

- A) Neck pain
- B) Erectile dysfunction (impotence)
- C) Hair loss
- D) All of the above

## 4. How does adequate hydration support belly fat reduction?

- A) Water aids metabolism, reduces appetite, and replaces caloric beverages that drive fat gain
- B) Drinking more water directly dissolves belly fat
- C) Hydration only affects skin health, not fat loss
- D) Drinking too much water increases belly bloat permanently

**Answers: 1-C 2-B 3-B 4-A**

For More Belly Fat Questions and Answers FREE, Belly Fat Online Prep Training, Belly Fat Exam, Belly Fat Study Guide, Belly Fat Flashcards, Belly Fat Quizzes visit:

## Belly Fat Practice Test