

Fat Burning Practice Test Questions and Answers

1. Which foods promote fat burning?

- A) Proteins
- B) Carbohydrates
- C) Fats
- D) None of the above

2. The majority of fat burning happens.

- A) In the morning
- B) At night
- C) In the middle of the day
- D) All the time

3. Fats is an important _____ for many forms of life?

- A) Glycerol
- B) Foodstuff
- C) Protein
- D) Carbonate

4. The best way to determine whether you are burning fat is...

- A) Stomach shrinking
- B) Not having any cravings
- C) Not being hungry between meals
- D) All of the above

Answers: 1-A 2-B 3-B 4-D

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