QUIZ POOL #2

NUTRITION AND HYDRATION
1. Your thirst mechanism is a very good indicator of your level of dehydration. T or F?
2. For maximum benefit, it's best to drink water at the rate of 1/4 liter every ____ minutes.
3. Carbohydrates pack more energy per gram than fat. T or F?
4. Fats slow digestion, making them an important morning energy source for the start of a hike. T or F?
5. Glucose (blood sugar) is the only fuel normally used by brain cells. T or F?

COLD INJURIES
1. Hypothermia is a lowering of the body's _____________.
2. What is the first core organ to exhibit signs of being affected by hypothermia?
3. Match the following signs/symptoms with the stage of hypothermia. Answer by letter.
   
   | A = mild hypothermia | B = moderate hypothermia | C = severe hypothermia |
---|-------------------|-------------------------|------------------------|
Sign/symptom | Sign/symptom | Sign/symptom |
Loss of fine motor control in hands | Fine shivering | ___ |
The umbles | Shivering stops | ___ |
Person feels cold/lags behind | Can't perform complex mental tasks | ___ |
Ataxia | Uncontrollable shivering | ___ |
4. List, in point form AND in order, the treatment for mild (and/or) hypothermia.
5. A person with moderate hypothermia has lost the ability to rewarm on her/his own. T or F?
6. It is always okay to use exercise as a treatment modality for someone experiencing mild or moderate hypothermia. T or F?
7. Water conducts heat away from the body approximately ___ times faster than air at the same temperature.
8. Exposure of an area to cool, wet conditions for approximately ____ hours is necessary to produce trench foot.

HEAT AND SUN INJURIES
1. Heat cramps will occur if a person is adequately hydrated. T or F?
2. Heat stroke is a life-threatening heat injury. T or F?
3. Clouds block UV radiation. T or F?