

39. Food allergies are more common among adults than food intolerances.
40. The use of food irradiation is not permitted on foods certified as organic.
41. The purpose of food irradiation is to kill potentially harmful pathogens.
42. The recommended limit for salt intake is no more than one teaspoon per day.
43. The five components of fitness most important to health are endurance, strength, flexibility, body composition, and skill attainment.
44. About 50% of Americans engage regularly in moderate-intensity physical activity.
45. Physically fit people have lower rates of colon cancer.
46. Regular exercise can prevent the onset of Type 2 diabetes.
47. Strength training can improve body composition by increasing muscle mass.
48. Exercise has social, emotional, and psychological benefits.
49. Exercise can defuse anxiety by providing an emotional outlet.
50. *Exercise* and *physical activity* are different names for the same type of activity.
51. Exercising at low intensities will improve your level of physical fitness.
52. Any person planning to begin a fitness program should first have a medical exam.
53. The bottom level of the physical activity pyramid includes cardiorespiratory endurance exercise.
54. High-intensity exercise is necessary for cardiovascular health benefits.
55. The harder you exercise, the better it is for you.
56. Exercise duration should depend primarily on exercise frequency.
57. In a weight training program, a heavy weight and a low number of repetitions builds muscular strength.
58. For general fitness, weight training exercises should be performed in sets of 15-20 repetitions.