

Southern Company **February** Health Topic: Quiz Questions

- 1. What type of inflammation is an immune response that helps our bodies heal when we have been injured or have an infection?**
 - A. Chronic inflammation
 - B. Acute inflammation**
 - C. Immune inflammation
 - D. Auto-response inflammation
 - E. None of the above
- 2. What type of inflammation can happen in our bodies when the inflammatory process persists over a long period of time?**
 - A. Chronic inflammation**
 - B. Acute inflammation
 - C. Immune inflammation
 - D. Auto-response inflammation
 - E. None of the above
- 3. What are some of the ways we can prevent chronic inflammation?**
 - A. Achieve and/or maintain a healthy weight.
 - B. Exercise regularly – 30 minutes a day, most days of the week.
 - C. Floss our teeth daily to combat gum disease.
 - D. Eat a diet high in whole foods, like fruits and vegetables.
 - E. All of the above**
- 4. What are some of the most common foods that can cause food sensitivities?**
 - A. Gluten
 - B. Dairy
 - C. Eggs
 - D. Corn
 - E. All of the above**
 - F. None of the above
- 5. What is the main goal of eating a plant-based diet?**
 - A. To consume less meat, particularly red meat
 - B. To moderate or reduce the amount of dairy we eat
 - C. To cut back on the sweets and highly processed foods in our diet
 - D. To eat more plant-based foods like vegetables, fruits, whole grains and healthy fats
 - E. All of the above**