

Questions 8–13

Choose the correct letter, A, B, C or D.

Questions

8) What did researchers identify as the ideal time to **wake up** in the morning?

A) **6.04**

B) **7.00**

C) 7.22

D) **7.30**

9) In order to **lose weight**, we should

A) avoid eating **breakfast**

B) eat a low carbohydrate **breakfast**

C) exercise before breakfast

D) exercise after **breakfast**

10) Which is NOT mentioned as a way to improve **supplement absorption**?

A) avoiding drinks containing caffeine while taking **supplements**

B) taking **supplements** at breakfast

C) taking **supplements** with foods that can dissolve them

D) storing **supplements** in a cool, dry environment

11) The best time to stop drinking **coffee** is

A) mid-afternoon

B) 10 p.m.

C) only when feeling anxious

D) after dinner