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DWD372

Check your understanding #1

1. B
2. D
3. A
4. C
5. B

Check your understanding #2

1. C
2. A
3. D
4. B
5. A

Chapter quiz assessment

1. B
2. D
3. C
4. D
5. D

True/false

1. True
2. False
3. True
4. True

Critical thinking

1. I’m not sure if the Fitbit can do this but if you could track the amount of carbs or calories you are in taking every day and be able to know how work or movement you need to do to work off that said item you are about to eat or have eaten. I think one of our biggest problems in our society is the fact that we have very limited information about health and fitness together to make our world a much healthier and safer place to live. The food industry has a major impact on this particular problem so being able to educate along with being able to get people to understand what is good and bad for them on a daily basis. Being able to keep track of everything you ate or are going to consume that day.
2. Gaming and virtual reality. I don’t really like the idea of having a human like computer because the social aspect of life will be taken out because then your computer is your world or best friend. I would hope they would only use that virtual reality aspect on certain things like schooling or learning but not in a gaming or social networking aspect because of the communication skills will drastically decrease in our society.