Chapter 01 Test Bank: The Basics of Nutrition

Healthy People 2020

1. According to the main nutrition-related goal of *Healthy People 2020*, Americans should _____.
A. learn how to obtain nutrition information from reliable sources
B. reduce the risk of chronic diseases by consuming a healthy diet
C. increase their use of dietary supplements that contain vitamins and minerals
D. reduce young children's exposure to substances in foods that cause allergies

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Bloom's Level: 1. Remember
Learning Outcome: 01.02.03 Identify the main nutrition-related goal of Healthy People 2020.
Section: 1.02
Topic: Nutrition basics
Topic: Public health and nutrition

Major Goal of Healthy People 2020

2. According to the main nutrition-related goal of *Healthy People 2020*, Americans should _____.
A. achieve and maintain a healthy body weight
B. decrease their intake of refined, enriched, and fortified foods
C. learn how to obtain nutrition information from reliable sources
D. reduce young children's exposure to junk foods at home

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Learning Outcome: 01.02.03 Identify the main nutrition-related goal of Healthy People 2020.
Section: 1.02
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Nutrition-Related Facts

3. Which of the following statements is true?
A. In the United States, poor eating habits contribute to some of the ten leading causes of death.
B. Nutrients are life-sustaining phytochemicals in food.
C. A person's diet is influenced by his or her blood type, birth order, and sustainability.
D. Most people are born with the ability to choose a nutritious diet.

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Bloom's Level: 1. Remember
Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
Learning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.
Section: 1.01
Topic: Demographic trends and statistics
Topic: Nutrition basics
Topic: Phytochemicals
Topic: Public health and nutrition

Leading Causes of Death

4. Which of the following conditions or diseases is a leading diet-related cause of death in the United States?
A. Suicide
B. Heart disease
C. Influenza and pneumonia
D. Chronic lower respiratory infections

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Learning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.
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Diet-Related Cause of Death

5. Which of the following conditions or diseases is a leading diet-related cause of death in the United States?
A. Influenza and pneumonia
B. Suicide
C. Chronic lower respiratory infections
D. Stroke

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Bloom's Level: 1. Remember
Learning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.
Section: 1.01
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Cause of Death Linked to Diet

6. Which of the following conditions or diseases is a leading diet-related cause of death in the United States?
A. Influenza and pneumonia
B. Chronic lower respiratory infections
C. Suicide
D. Diabetes

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Learning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.
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Making Food Choices

7. Which of the following factors has a major influence over a person's food choices?
A. Blood type
B. Vitamin A status
C. Close friends
D. Birth order

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Learning Outcome: 01.01.02 Identify factors that influence personal food choices.
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Selecting Foods

8. A person's _____ is not a major influence for his or her food selection practices.
A. mood
B. blood type
C. place of residence
D. health status

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Learning Outcome: 01.01.02 Identify factors that influence personal food choices.
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Choosing Foods

9. A person's _____ is not a major influence for his or her food selection practices.
A. place of residence
B. health status

C. mood
D. political beliefs

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Bloom's Level: 2. Understand
Learning Outcome: 01.01.02 Identify factors that influence personal food choices.
Section: 1.01
Topic: Nutrition basics

Understanding Basic Nutrition Concepts

10. Which of the following statements is true?
A. In the United States, poor eating habits contribute to the ten leading causes of death, including influenza and pneumonia.
B. A person's diet is influenced by his or her blood type, birth order, and sustainability.
C. People are born with the ability to choose a nutritious variety of foods.
D. Nutrients are life-sustaining substances in food.

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Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
Section: 1.01
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Substance That Protects Cells

11. A substance that can protect a person's cells from being damaged or destroyed by certain harmful factors is a (an) _____.
A. vitamin
B. oxidizing agent
C. antioxidant
D. mineral nutrient

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Bloom's Level: 1. Remember
Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.
Section: 1.01
Topic: Nutrient functions
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General Nutrition Concepts

12. Which of the following statements is true?
A. People develop scurvy when their diets lack vitamin E.
B. Phytochemicals are antioxidants produced by animal cells.
C. Under certain conditions, the human body can make iron, copper, and zinc.
D. An essential nutrient must be supplied by the diet.

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Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.
Section: 1.01
Topic: Deficiency and toxicity diseases
Topic: Nutrition basics

Identifying Dietary Supplements

13. According to the U.S. Food and Drug Administration, which of the following substances can *not* be classified as a dietary supplement?
A. Tobacco
B. Lysine
C. Vitamin E
D. Copper

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.
Section: 1.01
Topic: Dietary supplements
Topic: Nutrition basics

Identifying Phytochemicals

14. Which of the following substances is a *phytochemical*?
A. Glucose
B. Zinc
C. Caffeine
D. Pantothenic acid

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Learning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.
Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.
Section: 1.01
Topic: Food sources
Topic: Nutrition basics
Topic: Phytochemicals

Deadly Conditions

15. Which of the following conditions is *not* a leading cause of death in the United States?
A. Stroke
B. Cancer
C. Tuberculosis
D. Heart disease

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Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
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Leading Cause of Mortality

16. Tamika's 52-year-old father died as a result of a condition that is the leading cause of death in the United States. Based on this information, Tamika's father died from _____.
A. heart disease
B. lung cancer
C. type 1 diabetes
D. influenza

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Energy-Providing Nutrient

17. Which of the following nutrients is a source of energy for human cells?
A. Vitamin D
B. Cholesterol
C. Protein
D. Iron

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Bloom's Level: 1. Remember
Learning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.
Section: 1.03
Topic: Metabolism
Topic: Nutrition basics

Nutrients That Supply Calories

18. Most forms of _____ are a source of energy for cells.
A. carbohydrate
B. water
C. vitamin C
D. cholesterol

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Bloom's Level: 1. Remember
Learning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.
Section: 1.01
Topic: Nutrient functions
Topic: Nutrition basics

Defining Nutrition-Related Terms

19. Which of the following statements is true?
A. A headache is a common sign of a mineral deficiency disease.
B. Most phytochemicals are classified as essential nutrients.
C. A skin rash could be a symptom of a vitamin deficiency disease.
D. Nutrient deficiency diseases develop when diets lack essential nutrients.

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Bloom's Level: 2. Understand
Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.
Section: 1.01
Topic: Deficiency and toxicity diseases
Topic: Nutrition basics
Topic: Phytochemicals

Comparing Eating Habits

20. According to the U.S. Department of Agriculture, Americans consumed more ____ in 2010 than in 1970.
A. red meat
B. milk
C. eggs
D. chicken

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Bloom's Level: 1. Remember
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
Section: 1.02
Topic: Demographic trends and statistics
Topic: Food sources

Americans' Typical Eating Practices

21. According to the U.S. Department of Agriculture, Americans consumed more ____ in 2010 than in 1970.
A. cheese
B. red meat
C. eggs
D. whole grains

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Bloom's Level: 1. Remember
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
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Comparing Dietary Practices

22. According to the U.S. Department of Agriculture, Americans consumed more ____ in 2010 than in 1970.
A. fish
B. milk
C. eggs
D. red meat

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Bloom's Level: 1. Remember
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Topic: Food sources

Changing Dietary Patterns

23. In 2010, Americans consumed more ____ than in 1970.
A. added sugars
B. red meat
C. eggs
D. milk

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Bloom's Level: 1. Remember
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
Section: 1.02
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Topic: Food sources

Diets Then and Now

24. In 2010, Americans consumed more ____ than in 1970.
A. milk
B. red meat
C. added fat
D. eggs

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
Section: 1.02
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Topic: Food sources

Comparing Food Consumption Patterns

25. In 2010, Americans ate more ____ than in 1970.
A. total calories
B. fresh eggs
C. red meat
D. whole milk

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
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Topic: Food sources

Calculating Food Energy

26. A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and 100 ml water. Based on this information, a serving of this food supplies _____ kcal.

A. 87
B. 97
C. 117
D. 107

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Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
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Topic: Nutrition computations

How Many Kilocalories?

27. A serving of food contains 35 g carbohydrate, 6 g protein, 10 g fat, 5 mg vitamin E, and 150 ml water. Based on this information, a serving of this food supplies _____ kcal.
A. 194
B. 254
C. 204
D. 234

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
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How Much Energy/Serving?

28. A serving of food contains 30 g fat, 2 g protein, 3 g carbohydrate, 5 mg iron, 600 mg calcium, and 250 ml water. Based on this information, a serving of this food supplies _____ kcal.
A. 200
B. 440
C. 320
D. 270

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
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Determining Number of Calories

29. A serving of food contains 20 g fat, 2 g protein, 5 g carbohydrate, 5 g alcohol, and 1000 mg potassium. Based on this information, a serving of this food supplies _____ kcal.
A. 423
B. 200
C. 440
D. 243

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
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Section: 1.03
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Estimating Calories

30. A serving of food contains 3 g alcohol, 6 mg cholesterol, 500 ml water, 25 g fat, 5 g protein, and 38 g carbohydrate. Based on this information, a serving of this food supplies _____ kcal.
A. 575
B. 636
C. 418
D. 392

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrition basics
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Calculating Grams of Carbohydrate

31. Sam wants to estimate the grams of carbohydrate in a sugar-sweetened soft drink that supplies 100 kcal/serving. The soft drink contains no fiber, protein, fat, and alcohol. To obtain this value, he should _____.
A. divide the number of kcal by 4
B. multiply the number of kcal by 4
C. divide the number of kcal by 2
D. multiply the number per serving by 2

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
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Topic: Nutrition basics
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Estimating Grams of Carbohydrate

32. Lynne wants to estimate the grams of carbohydrate in a sugar-sweetened soft drink that supplies 200 kcal/serving. The soft drink contains no fiber, protein, fat, and alcohol. To obtain this value, she should _____.
A. multiply the number of kcal by 4
B. divide the number of kcal by 9
C. divide the number of kcal by 4
D. multiply the number per serving by 9

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
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Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Predicting Grams of Fat

33. Lynne wants to estimate the grams of fat in a serving of oil that supplies 400 kcal. The oil contains no fiber, protein, fat, and alcohol. To obtain this value, she should _____.
A. divide the number of kcal by 4
B. divide the number of kcal by 9
C. multiply the number of kcal by 4
D. multiply the number per serving by 9

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
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Predicting Alcohol Content

34. Lynne consumes 6 ounces of a beverage that supplies 63 kcal from alcohol. To determine how many grams of alcohol are in that amount of the beverage, she should _____.
A. divide 63 by 4
B. multiply 63 by 4
C. divide 63 by 7
D. multiply 63 by 9

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.02.02 Compare Americans' current typical eating habits to the population's typical eating habits in 1970.
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
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Calculating Grams of Protein

35. A serving of food supplies 244 kcal from protein. Based on this information, how many grams of protein are in the serving?
A. 61
B. 27
C. 35
D. 175

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
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Estimating Grams of Protein

36. A serving of food supplies 144 kcal from protein. Based on this information, how many grams of protein are in the serving?
A. 16
B. 36
C. 46
D. 26

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
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Predicting Grams of Protein

37. A serving of food supplies 136 kcal from protein. Based on this information, how many grams of protein are in the serving?
A. 26
B. 34
C. 19
D. 15

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply

Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
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Calculating Grams of Fat

38. A serving of food supplies 99 kcal from fat. Based on this information, how many grams of fat are in the serving?
A. 25
B. 11
C. 9
D. 33

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
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Predicting Grams of Fat

39. A serving of food supplies 153 kcal from fat. Based on this information, how many grams of fat are in the serving?
A. 17
B. 9
C. 22
D. 38

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
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Non-Energy Nutrients

40. Which of the following substances is a nutrient that does not supply any energy for the human body?
A. Carbohydrate
B. Alcohol
C. Fat
D. Vitamin D

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Bloom's Level: 1. Remember
Learning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.
Section: 1.01
Topic: Nutrient functions
Topic: Nutrition basics

Non-Energy-Supplying Nutrient

41. Which of the following substances is a nutrient that does not provide any energy for the human body?
A. Water
B. Protein
C. Carbohydrate
D. Alcohol

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.
Section: 1.01
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Sources of Phytochemicals

42. Which of the following foods is naturally a source of phytochemicals?
A. Grapes
B. Margarine
C. Tuna
D. Luncheon meat

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.
Section: 1.01
Topic: Nutrition basics
Topic: Phytochemicals

Not a Phytochemical Source

43. Which of the following foods is not a source of phytochemicals?
A. Lean meat
B. Fresh blueberries
C. Cashew nuts
D. Whole-grain bread

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.
Section: 1.01
Topic: Phytochemicals

Heart Disease Risk Factor

44. Which of the following behaviors is a known risk factor for heart disease?
A. Smoking cigarettes
B. Consuming excess vitamin c
C. Eating a high-fiber diet
D. Being physically active

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.02.01 Explain why people should be concerned about their lifestyle and risk factors for chronic diseases.
Section: 1.02
Topic: Nutrition basics
Topic: Public health and nutrition

Nutrition-Related Term I

45. Eating diets that contain high amounts of certain kinds of fat raise the risk of developing heart disease. Thus, a diet that supplies an excessive amount of such fats is a ____ for heart disease.
A. dietary modulator
B. risk factor
C. hypothetical variable
D. nutritional determinant

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
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Nutrition-Related Term II

46. Eating a high-salt diet increases people's chances of developing high blood pressure. Thus, a diet that supplies excessive amounts of salt is a ____ for high blood pressure.
A. hypothetical variable

B. dietary modulator
C. risk factor
D. primary predictor

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.02.01 Explain why people should be concerned about their lifestyle and risk factors for chronic diseases.
Section: 1.02
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Preventing Cancer Deaths

47. Which of the following lifestyle choices is the primary cause of preventable cancer deaths in the United States?
A. Exercising infrequently
B. Consuming alcohol
C. Smoking cigarettes
D. Eating fatty food

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.02.01 Explain why people should be concerned about their lifestyle and risk factors for chronic diseases.
Section: 1.02
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Converting Pounds to Kilograms

48. Jorge weighs 198 pounds. What is his weight in kilograms?
A. 100 kg
B. 90 kg
C. 120 kg
D. 80 kg

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Converting Kilograms to Pounds I

49. Elisa weighs 62 kg, which is approximately _____ pounds.
A. 152
B. 202
C. 176
D. 136

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics
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Converting Inches to Centimeters

50. Jerry's height is 70 inches. What is his approximate height in centimeters?
A. 150 cm
B. 225 cm
C. 125 cm
D. 178 cm

Accessibility: Keyboard Navigation

Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
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Converting Inches to Centimeters II

51. Dave's height is 72 inches. What is his approximate height in centimeters?
A. 195 cm
B. 162 cm
C. 144 cm
D. 183 cm

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
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Converting Kilograms to Pounds II

52. Kerry weighs 58 kg. What is her approximate weight in pounds?
A. 106 pounds
B. 98 pounds
C. 128 pounds
D. 86 pounds

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Converting Kilograms to Pounds III

53. Josh weighs 175 kg. What is his approximate weight in pounds?
A. 286 pounds
B. 350 pounds
C. 406 pounds
D. 385 pounds

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Converting Kilograms to Pounds IV

54. Archie weighs 72 kg, which is approximately ____ pounds.
A. 108
B. 178
C. 228
D. 158

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Converting Kilocalories to Calories

55. A teaspoon of sugar supplies about 16 kilocalories, which is the same as _____ calories.
A. 16,000
B. 160,000
C. 1600
D. 1.6

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Converting to Kilocalories

56. A tablespoon of vegetable oil supplies about 100,000 calories, which is the same as _____ kilocalories.
A. 10
B. 10,000
C. 1000
D. 100

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics
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Value for Reporting Food Energy

57. The energy value of a raw peach is reported as a number of _____.
A. kilocalories
B. BTUs
C. rads
D. thermals

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics

Calculating Food Energy

58. A serving of food contains 7 g carbohydrate, 15 g protein, 6 g fat, 2 mcg vitamin B12, and 60 mg iron. Based on this information, this food provides ___ kcal/serving.
A. 116
B. 126
C. 296
D. 142

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
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Calculating Kcal

59. How many kilocalories are in a portion of food that contains 8 g protein, 10 g fat, 22 g carbohydrate, 130 mg vitamin C, and 120 ml water?

A. 204
B. 208
C. 206
D. 210

Accessibility: Keyboard Navigation
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Topic: Nutrition computations

Estimating Food Energy

60. Erika is making a recipe from foods that contain the following nutrients: 120 ml of water, 60 g of fat, 20 g of protein, 500 mg of vitamin C, 275 g of carbohydrate, and 600 mg of calcium. Approximately how many kilocalories does the entire product of this recipe provide?
A. 930
B. 1550
C. 1720
D. 780

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Understanding Food Energy

61. A serving of food supplies 20 g carbohydrate, 10 g fat, 25 g protein, and 100 g water. Which of the following statements is true about a serving of the food?
A. Water provides the most food energy.
B. Protein provides about 25% of total calories.
C. Carbohydrate provides the least food energy.
D. Fat provides the most food energy.

Accessibility: Keyboard Navigation
Bloom's Level: 4. Analyze
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrient functions
Topic: Nutrition basics
Topic: Nutrition computations

Contributors of Food Energy

62. A serving of food supplies 20 g carbohydrate, 10 g fat, 25 g protein, and 100 g water. Which of the following statements is true about a serving of the food?
A. Water provides the most food energy.
B. Carbohydrate provides the most food energy.
C. Fat provides the most food energy.
D. Protein provides the most food energy.

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 4. Analyze
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrient functions
Topic: Nutrition basics
Topic: Nutrition computations

Energy-Supplying Nutrients

63. A serving of food supplies 18 g protein, 20 g carbohydrate, 7 g fat, 18 mg vitamin E, 2 mg iron, and 100 g water. Which of the following statements is true about a serving of the food?
A. Vitamin E provides the most food energy.
B. Carbohydrate provides the most food energy.
C. Fat provides about 75% of total calories.
D. Fat provides the most food energy.

Accessibility: Keyboard Navigation
Bloom's Level: 4. Analyze
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrient functions
Topic: Nutrition basics
Topic: Nutrition computations

Estimating Kilocalories

64. A serving of food supplies 25 g carbohydrate, 10 g protein, 400 ml water, 25 mg vitamin B-6, and 8 g fat. According to this information, how many kilocalories are in a serving of this food?
A. 212
B. 262
C. 182
D. 152

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Comparing Nutrient Density

65. Which of the following foods is the most nutrient dense per serving?
A. Olive oil
B. French fries
C. Grape drink
D. Soy milk

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense
Section: 1.04
Topic: Nutrition basics

Most Nutrient-Dense Foods

66. Which of the following foods is the most nutrient dense per serving?
A. Cheese nachos
B. Soft margarine
C. Iceberg lettuce
D. Fat-free milk

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense
Section: 1.04
Topic: Food sources
Topic: Nutrition basics

Choosing a Nutrient-Dense Food

67. Which of the following foods is the most nutrient dense per serving?
A. Cheese nachos

B. Soft margarine
C. Iceberg lettuce
D. Orange slices

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 3. Apply
Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense
Section: 1.04
Topic: Food sources
Topic: Nutrition basics

Key Nutrient

68. According to some nutrition scientists, fiber is a key beneficial nutrient.
TRUE

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 1. Remember
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Table 1.8
Topic: Nutrition basics
Topic: Public health and nutrition

Key Beneficial Nutrient

69. According to some nutrition scientists, selenium is a key beneficial nutrient.
FALSE

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 1. Remember
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Table 1.8
Topic: Nutrition basics
Topic: Public health and nutrition

Key Beneficial Nutrient for Americans

70. According to some nutrition scientists, vitamin E is a key beneficial nutrient.
FALSE

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 1. Remember
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Table 1.8
Topic: Nutrition basics
Topic: Public health and nutrition

Concept of Megadose

71. The recommended amount of a nutrient is 100 mg. Therefore, a megadose of this nutrient would be _____.
A. 100 mcg
B. 10 mg
C. 1 mcg
D. 1 g

Accessibility: Keyboard Navigation

Bloom's Level: 3. Apply
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Topic: Nutrition basics

Defining Megadose

72. The recommended dose of a vitamin is 2 mg. Based on this information, a megadose of the vitamin would be _____ .
A. 5 mg
B. 10 mcg
C. 40 mcg
D. 25 mg

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.03
Section: 1.04
Topic: Nutrition basics

Vitamin C Intakes

73. Each day, Phil takes ten pills that each supply 1000 mg of vitamin C. The recommended amount of vitamin C is 90 mg/day. His daily vitamin C intake is an example of a _____.
A. marginal intake
B. physiological level
C. requirement
D. megadose

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Topic: Nutrition basics

Converting Grams to Milligrams

74. Maria limits her sodium intake to 2.3 g/day. This amount is equivalent to _____.
A. 230 mg/day
B. 23,000 mg/day
C. 23 mg/day
D. 2300 mg/day

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Metric Conversions

75. Benjamin limits his sodium intake to 1.5 g/day. This amount is equivalent to _____.
A. 15,000 mcg/day
B. 15 mg/day
C. 1500 mg/day
D. 150 mg/day

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 2. Understand
Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.

Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Energy-Containing Nutrients

76. Which of the following substances is a nutrient that provides energy for humans?
A. Sugar
B. Alcohol
C. Thiamin
D. Caffeine

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.
Section: 1.01
Topic: Nutrition basics

Identifying Micronutrients

77. Which of the following nutrients is a micronutrient?
A. Fat
B. Protein
C. Water
D. Magnesium

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrition basics

Targeting Micronutrients

78. Which of the following nutrients is a micronutrient?
A. Cholesterol
B. Fat
C. Vitamin D
D. Water

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 1. Remember
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrition basics

Key Nutrition Concept

79. Which of the following statements is true?
A. Most naturally occurring foods contain more than one nutrient.
B. Milk, bananas, and soybeans are among the few nutritionally perfect foods for humans.
C. Strawberries are an energy-dense food.
D. According to nutrition experts, junk foods have no nutritional value.

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Topic: Nutrition basics

Energy Density

80. Which of the following foods is the most energy dense per serving?
A. Fat-free milk

B. Chocolate chip cookie
C. Baked chicken
D. Fresh blueberries

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense
Section: 1.04
Topic: Nutrition basics

Energy and Nutrient Density

81. Which of the following foods is both energy and nutrient dense?
A. Strawberries
B. Raw apple slices
C. Peanut butter
D. Whole-grain bread

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense
Section: 1.04
Topic: Nutrition basics

Important Nutrition Concepts

82. Which of the following statements is true?
A. According to scientific evidence, taking megadoses of vitamins and minerals is a safe way to prevent many chronic diseases.
B. In the United States, you are more likely to see undernourished than overnourished people.
C. A diet that has variety contains many different kinds of nutritious foods.
D. Nutrition experts generally classify foods as either "good" or "junk."

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Topic: Nutrition basics

Essential Nutrients

83. An essential nutrient _____.
A. must be supplied by the diet
B. is only in foods from animal sources
C. performs a vital function in the body
D. is not in foods that are rich sources of empty calories

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.
Section: 1.01
Topic: Nutrition basics

Identifying Essential Nutrients

84. Which of the following nutrients is the most essential for life?
A. Vitamin C
B. Protein
C. Omega-3 fatty acids
D. Water

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember

Learning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.
Section: 1.01
Topic: Nutrition basics

Predicting Kcals

85. An 8-ounce serving of a beverage contains 450 ml water, 20 g sugar, and 7 g alcohol. This amount of the beverage supplies _____ kcal.
A. 115
B. 125
C. 129
D. 189

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Determining Kilocalories

86. An 8-ounce serving of a beverage contains 250 ml water, 20 g sugar, 3 mg caffeine, and 10 g alcohol. This amount of the beverage supplies _____ kcal.
A. 200
B. 150
C. 125
D. 95

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Estimating Energy in Food

87. An 8-ounce serving of a beverage contains 250 ml water, 30 g sugar, 3 mg caffeine, and 3 g alcohol. This amount of the beverage supplies _____ kcal.
A. 186
B. 141
C. 176
D. 91

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrition basics
Topic: Nutrition computations

Identifying Macronutients

88. Which of the following substances is not a macronutrient?
A. Protein
B. Fat
C. Carbohydrate
D. Vitamin C

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrient functions
Topic: Nutrition basics

Classifying Macronutrients

89. Vitamin C, iron, and fat are classified as macronutrients.
FALSE

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 1. Remember
Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.
Section: 1.03
Topic: Nutrient functions
Topic: Nutrition basics

Federal Food Programs

90. Which of the following federally subsidized food programs is designed to improve the nutritional status specifically of low-income pregnant and breastfeeding women and their preschool children in the United States?
A. WIC
B. Commodity Supplemental Food Program
C. UNICEF
D. Meals on Wheels

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program.
Section: 1.05
Topic: Community nutrition services
Topic: Hunger and food insecurity
Topic: Public health and nutrition

Farming Methods

91. _____ includes farming techniques that do not deplete natural resources or harm the environment.
A. Nutrigenomic farming
B. Sustainable agriculture
C. Biotechnologic food production
D. Organoleptic crop management

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.05.06 Discuss how sustainable agriculture can improve the environment.
Section: 1.05
Topic: Food production choices

Undernutrition

92. Which of the following groups of Americans is most at risk of undernutrition?
A. Preschool children
B. Middle-age men
C. Chronic alcoholics
D. College freshmen

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.05.03 Discuss undernutrition in the United States.
Section: 1.05
Topic: Hunger and food insecurity
Topic: Public health and nutrition

Food Insecurity

93. In the United States, food insecurity is most likely to affect _____.
A. adult women who take birth control pills
B. older adults on fixed incomes
C. adolescent boys experiencing a growth spurt

D. body builders who consume too many protein supplements

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.05.03 Discuss undernutrition in the United States.
Section: 1.05
Topic: Hunger and food insecurity

Undernutrition During Pregnancy

94. Hannah is in her 5th month of pregnancy. Her diet is poor because she rarely pays attention to her food choices, and she eats a limited variety of foods that she likes. Hannah was described as "undernourished" by her physician. Based on this information, Hannah is likely to _____.
A. deliver a baby with type 1 diabetes
B. give birth to a high-birth-weight baby
C. give birth at least two weeks later than expected
D. deliver a baby who has breathing difficulties

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.05.02 Describe how undernutrition during pregnancy and childhood can affect a child's physical and intellectual development.
Section: 1.05
Topic: Hunger and food insecurity

Risks in Developing Countries

95. Impoverished children who live in developing countries have a high risk of dying from _____.
A. developing type 2 diabetes
B. consuming too much fat and sugar
C. vitamin A deficiency
D. developing cystic fibrosis

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.05.02 Describe how undernutrition during pregnancy and childhood can affect a child's physical and intellectual development.
Section: 1.05
Topic: Public health and nutrition

At-Risk Countries

96. Children who live in southern Australia and western Europe are more likely to die before their fifth birthday than children living in other regions of the world.
FALSE

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 1. Remember
Learning Outcome: 01.05.01 Discuss factors that contribute to undernutrition in the world.
Section: 1.05
Topic: Hunger and food insecurity

Comparing Federal Food Programs

97. Which of the following statements is true?
A. The Supplemental Nutrition Assistance Program helps low-income Americans buy food.
B. The School Breakfast Program offers free or reduced-cost breakfasts to children, regardless of their family incomes.
C. Meals on Wheels provides nutritious meals for pregnant, low-income women who are too sick to leave their homes.
D. The School Lunch and Breakfast programs are available to low- and middle-income children in 20 states.

Accessibility: Keyboard Navigation
Bloom's Level: 1. Remember
Learning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program.

Section: 1.05
Topic: Community nutrition services
Topic: Public health and nutrition

Empty Calories

98. Which of the following foods is a major source of empty calories?
A. Fresh fruit
B. Sugar-sweetened soft drinks
C. Breads made with white flour
D. Fat-free dairy products

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense
Section: 1.04
Topic: Food sources
Topic: Nutrition basics

Identifying Sources of Empty Calories

99. ____ is an example of an food that supplies a lot of empty calories.
A. Lite beer
B. Unsalted crackers
C. Cottage cheese
D. Whole milk

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense
Section: 1.04
Topic: Nutrition basics

Nutrient Density

100. Which of the following foods is not nutrient dense?
A. Romaine lettuce
B. Potato chips
C. Orange juice
D. Fresh strawberries

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense
Section: 1.04
Topic: Nutrition basics

Understanding Nutrition Basics

101. Which of the following statements is true?
A. A megadose of vitamin C is within the range of safe intake for the nutrient.
B. A healthy diet supplies 90% of its calories from protein-rich foods.
C. Most foods are mixtures of nutrients.
D. Peanut butter contains too many empty calories to be a healthy food.

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Topic: Food sources
Topic: Nutrition basics

Nutrient Toxicities

102. Which of the following practices is most likely to result in a nutrient toxicity disorder?
A. Drinking 8 ounces of fat-free milk with each meal
B. Taking megadoses of various vitamin supplements daily
C. Eating 4 ounces of chicken liver once a week
D. Consuming 6 servings of fruits and vegetables daily

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.
Section: 1.04
Topic: Deficiency and toxicity diseases
Topic: Nutrition basics

Understanding Federal Food Programs

103. Belle is pregnant and has two young children. She is having difficulty supporting her family on an income of $18,000/year. Recently, she was diagnosed with high blood pressure and iron deficiency. Based on this information, Belle should enroll in the _____ program.
A. FDIC
B. HWHB
C. FDA
D. WIC

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program.
Section: 1.05
Topic: Community nutrition services
Topic: Public health and nutrition

Nutrition Program for Pregnant Women

104. Anna is 17 years of age and pregnant with her first child. She has difficulty earning enough money to support herself, and recently, she was diagnosed with iron deficiency. Based on this information, Anna should enroll in the _____ program.
A. FDA
B. HWHB
C. FDIC
D. WIC

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program.
Section: 1.05
Topic: Community nutrition services
Topic: Public health and nutrition

Therapeutic Food

105. A food scientist would like to develop a ready-to-use therapeutic food that would be supplied to 3- to 5-year-old starving children. Based on this information, which of the following ingredients is not necessary to include in the food's recipe?
A. Iron
B. Vitamin A
C. Cholesterol
D. Peanut butter

Accessibility: Keyboard Navigation
Bloom's Level: 5. Evaluate
Learning Outcome: 01.05.01 Discuss factors that contribute to undernutrition in the world.
Section: 1.05
Topic: Hunger and food insecurity
Topic: Nutrition basics

Essential Nutrient Features

106. A scientist thinks she has discovered an essential nutrient for humans, because this substance is _____.
A. in most natural foods
B. needed for the normal development of human cells
C. easily manufactured by chemists
D. required by cats and dogs

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
Section: 1.01
Topic: Nutrition basics

Features of Vitamins

107. Scientists at a major university have isolated a chemical from grapes. Which of the following features is an indication that this chemical could be a vitamin?
A. The chemical is in grapes, cherries, and tomatoes.
B. When a person's diet lacks the chemical, his or her body experiences abnormal functioning.
C. The chemical has a very limited range of safe intake.
D. When large amounts of the chemical are consumed, no health problems occur.

Accessibility: Keyboard Navigation
Bloom's Level: 4. Analyze
Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
Section: 1.01
Topic: Nutrition basics

Applying Basic Nutrition Information

108. For 5 years, Michael ate only plant foods. He recently developed numbness in his feet and a sore swollen tongue. A few days after he added eggs and milk to his diet, his tongue healed and the numbness in his feet stopped bothering him. Based on this information, Michael probably _____.
A. suffered from a rare genetic disorder that developed when high levels of various phytochemicals were consumed
B. had absorbed toxic minerals from plant foods, which were eliminated from his body when he consumed the animal foods
C. had been infected with a rare viral disease that was transmitted by certain plant foods
D. developed a nutrient deficiency disorder that was cured by the eating animal foods

Accessibility: Keyboard Navigation
Bloom's Level: 4. Analyze
Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.
Section: 1.01
Topic: Nutrition basics

Health Risks in Developing Countries

109. Most of the people living in a small South African village have access to nutritious foods. Soon after their birth, 10 infants in the village developed severe diarrhea, which resulted in dehydration. After questioning the infants' parents, local public health officials were able to determine the cause of the diarrhea. Based on the officials' findings, the parents were advised to _____.
A. reduce the amount of iron in the babies' diets
B. give megadoses of vitamin C to each baby
C. add more fruit juice to the babies' diets
D. stop diluting the babies' formula with local well water

Accessibility: Keyboard Navigation
Bloom's Level: 3. Apply
Learning Outcome: 01.05.01 Discuss factors that contribute to undernutrition in the world.
Section: 1.05
Topic: Hunger and food insecurity

Improving the Environment

110. Which of the following food-related practices is recommended because it can improve the environment?
A. Consuming more corn-fed beef and pork
B. Eating smaller food portions
C. Throwing out uneaten and/or leftover foods
D. Eating more meat, especially beef

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.05.06 Discuss how sustainable agriculture can improve the environment.
Section: 1.05
Topic: Food production choices

Beneficial Agricultural Methods

111. Which of the following agricultural practices is recommended because it can improve the environment?
A. Expanding farmland into forests and grasslands
B. Raising more corn-fed beef and pork
C. Using chemical methods to control crop pests
D. Applying irrigation water directly to the roots of crops

Accessibility: Keyboard Navigation
Bloom's Level: 2. Understand
Learning Outcome: 01.05.06 Discuss how sustainable agriculture can improve the environment.
Section: 1.05
Topic: Food production choices

Biotechnology

112. Biotechnology involves the use of living things to improve manufactured products.
TRUE

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 1. Remember
Learning Outcome: 01.05.05 Define biotechnology as it relates to food production.
Section: 1.05
Topic: Biotechnology
Topic: Food sources

Biotechnology in Agriculture

113. Genetic engineering of food crops may result in better crop yields and more nutritious grains, fruits, and vegetables.
TRUE

Accessibility: Keyboard Navigation
Activity Type: New
Bloom's Level: 2. Understand
Learning Outcome: 01.05.05 Define biotechnology as it relates to food production.
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Topic: Food sources

Chapter 01 Test Bank: The Basics of Nutrition Summary

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