

Student name: _____

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

Which of the following statements is true?

Nutrients are life-sustaining phytochemicals in food.

In the United States, poor eating habits contribute to some of the ten leading causes of death.

A person's diet is influenced by their blood type and birth order.

Most people are born with the ability to choose a nutritious diet.

Studying nutrition is important to _____.

obtain enough energy to sustain life

learn about the nutritional value of foods and effects diet can have on health

reduce dependence on animal food products

avoid pesticides and hormones in the food supply

In the United States, consumers eat more _____ than recommended.

protein foods

vegetables

dairy products

fruits

Most Americans purchase less than recommended amounts of _____.

fruits

sugary beverages

red meats

refined grain products

Which of the following is NOT true about water?

Water is an essential nutrient.

Water plays a role in regulation of body temperature.

Water is necessary for elimination of waste from the body.

Water is necessary for immune function.

Which of the following substances is a nutrient that does NOT supply any energy for the human body?

Carbohydrate

Fat

Protein

Vitamin D

Which of the following statements is true?

Nutrient-deficiency diseases develop when diets lack essential nutrients.

Skin rashes are always a symptom of vitamin deficiency diseases.

Headaches are a common sign of a mineral deficiency disease.

Most phytochemicals are classified as essential nutrients.

An essential nutrient_____.

is found only in fortified foods

is found only in foods from animal sources

must be supplied by the diet

provides energy (kcal) to the diet

Which of the following describes a conditionally essential nutrient?

A nutrient that is normally nonessential, but becomes essential under certain conditions.

A nutrient that may be made in the body, but in amounts that are inadequate.

A nutrient that becomes essential due to a metabolic disorder or serious disease (e.g. kidney or liver disease).

All of the choices are correct.

Which of the following is a micronutrient?

Iron

Glucose

Fat

Protein

Which of the following substances is a macronutrient?

Protein

Vitamin C

Calcium

Sodium

Which of the following foods is naturally a rich source of phytochemicals?

Margarine

Tuna

Blueberries

Chicken

Which of the following foods is NOT a rich natural source of phytochemicals?

Cherries

Green tea

Whole-grain bread

Lean meat

A teaspoon of sugar supplies about 16 kcals, which is the same as _____ calories.

1.6

1600

16,000

160,000

A small apple supplies approximately 40,000 _____.

calories

kilocalories

Calories

Kilocalories

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 _____.

87 kcals

97 kcals

107 kcals

117 kcals

Approximately how many grams of carbohydrates are in a sugar-sweetened beverage that supplies 240 kcals and contains no fiber, fat, protein, or alcohol?

50 grams of carbohydrate

30 grams of carbohydrate

40 grams of carbohydrate

60 grams of carbohydrate

Which of the following conditions is NOT a leading cause of death in the United States?

Tuberculosis

Cancer

Heart disease

Stroke

Which of the following conditions or diseases is a leading diet-related cause of death in the United States?

Chronic lower respiratory infections

Stroke

Suicide

Influenza and pneumonia

Consuming a diet that supplies large amounts of certain types of fat increases one's risk of developing heart disease. Thus, a diet that supplies an excessive amount of such fats is a _____ for heart disease.

hypothetical variable

dietary modulator

nutritional determinant

risk factor

Which of the following lifestyle choices is the primary cause of preventable cancer deaths in the United States?

Eating fatty foods

Consuming alcohol

Exercising infrequently

Smoking cigarettes

The U.S. Department of Health and Human Services (DHHS) issues the *Healthy People* report every _____ years.

3

7

10

15

Which of the following is NOT included in the *Healthy People* report?

Science-based national objectives

Goals for improving the health of all Americans

Topic areas, including nutrition and weight status

International goals and measurable objectives to guide evidence-based policies

Which of the following factors has a major influence over a person's food choices?

Childhood experiences

Blood type

Vitamin A status

Birth order

Which of the following is NOT a major factor impacting a person's food choices?

Media

Blood type

Health beliefs

Mood

Which of the following is NOT a biological or physiological factor that influences a person's food choices?

Age

Perception of food's sensory characteristics

Emotional stress level

Hunger

Choosing foods based on religious teachings is an example of _____ factors influencing eating habits.

biological

cognitive

environmental

physiological

Which of the following is NOT a common marketing tactic to encourage consumers to purchase manufactured foods?

Attractive packaging

Product placement at the end of supermarket aisles

In-store product sampling demonstrations

Nutrition information posted next to fresh fruits and vegetables

Which of the following is typically NOT an *environmental* factor in what people eat?

Negative food-related experiences

Food cost

Access to food

Food marketing

Which of the following statements is TRUE?

A megadose of vitamin C is within the range of safe intake for the nutrient.

Peanut butter is an empty-calorie food.

Most foods are mixtures of nutrients.

A healthy diet supplies 90% of its calories from protein-rich foods.

Which of the following is NOT a key nutrition concept?

Malnutrition includes overnutrition as well as undernutrition.

Foods and the nutrients they contain are one of many components of health.

Variety, moderation, and balance can help ensure a diet's nutritional adequacy.

The best way for people to obtain all the essential nutrients is to consume dietary supplements.

Which of the following foods is the most nutrient-dense per serving?

Leafy greens

French fries

Grape drink

Refined grains

Which of the following foods is the most nutrient-dense per serving?

Cheese nachos

Iceberg lettuce

Low-fat cow's milk

Soft margarine

Per serving, which of the following foods is the most energy-dense?

$\frac{1}{2}$ cup fresh strawberries

4-ounce chocolate doughnut

8 ounces low-fat cow's milk

3 ounces baked chicken

Which of the following foods is both energy and nutrient-dense?

Strawberries

Spinach

Peanut butter

Raw apples

Which of the following statements is FALSE?

Dietary supplements include fish oil, green tea, probiotics, and flaxseed oil.

The Dietary Supplement Health and Education Act of 1994 allows manufacturers to classify dietary supplements as foods.

A megadose is an amount of a vitamin or mineral that greatly exceeds the recommended amount of the nutrient.

In order for a dietary supplement to be on the market, all research studies on the supplement must show a beneficial effect on health.

A person must be _____ to make lasting changes to their food-related behaviors.

motivated

forced

concerned

uneager

Composting would be an example of which step in a sustainable food system?

Distribution

Access

Consumption

Waste recovery

Which of the following is NOT a requirement to become a registered dietitian nutritionist (RDN)?

Obtain a degree from an accredited college

Obtain a culinary certificate of training

Complete extensive supervised practice hours

Pass a national exam

Which of the following is NOT a reason dietary recommendations undergo revisions?

Researchers continue to explore the complex relationships between diet and health.

Nutrition is an exact science.

Nutrition research involves human subjects.

New scientific evidence becomes available and the information is reviewed and accepted by nutrition experts.

Answer Key

Test name: CH1 Human Nutrition E4

B

B

A

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