

***Human Nutrition, 2e* (Stephenson)**
Chapter 1 Introduction to Nutrition

1) Which of the following statements is true?

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

Answer: B

Section: 01.01

Topic: Nutrition basics; Public health and nutrition; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.01.01 Explain why it is important to study nutrition.

Accessibility: Keyboard Navigation

2) Studying nutrition is important to

- A) obtain enough energy to sustain life.
- B) select the appropriate mix of nutrients for proper body functioning.
- C) reduce dependence on animal food products.
- D) avoid pesticides and hormones in the food supply.

Answer: B

Section: 01.01

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.01.01 Explain why it is important to study nutrition.

Accessibility: Keyboard Navigation

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

- A) cheese
- B) vegetables
- C) fish
- D) whole grains

Answer: A

Section: 01.01

Topic: Food sources; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.01.02 Describe Americans' current food-buying practices and how they compare to dietary recommendations.

Accessibility: Keyboard Navigation

- 4) Most Americans purchase less than recommended amounts of
- A) fruits.
 - B) sugary beverages.
 - C) red meats.
 - D) refined grain products.

Answer: A

Section: 01.01

Topic: Food sources; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.01.02 Describe Americans' current food-buying practices and how they compare to dietary recommendations.

Accessibility: Keyboard Navigation

- 5) Which of the following is NOT true about water?
- A) Water is an essential nutrient.
 - B) Water plays a role in regulation of body temperature.
 - C) Water is necessary for elimination of waste from the body.
 - D) Water is necessary for immune function.

Answer: D

Section: 01.02

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.02.01 List the six classes of nutrients, and identify major roles of each class of nutrient in the body.

Accessibility: Keyboard Navigation

- 6) Which of the following substances is a nutrient that does NOT supply any energy for the human body?
- A) Carbohydrate
 - B) Fat
 - C) Protein
 - D) Vitamin D

Answer: D

Section: 01.02

Topic: Nutrition basics; Nutrient functions

Bloom's: 1. Remember

Learning Outcome: 01.02.01 List the six classes of nutrients, and identify major roles of each class of nutrient in the body.

Accessibility: Keyboard Navigation

7) Which of the following statements is true?

- A) Nutrient-deficiency diseases develop when diets lack essential nutrients.
- B) Skin rashes are always a symptom of vitamin deficiency diseases.
- C) Headaches are a common sign of a mineral deficiency disease.
- D) Most phytochemicals are classified as essential nutrients.

Answer: A

Section: 01.02

Topic: Nutrition basics; Phytochemicals; Deficiency and toxicity diseases

Bloom's: 2. Understand

Learning Outcome: 01.02.02 Identify the key features of an essential nutrient.

Accessibility: Keyboard Navigation

8) An essential nutrient

- A) is found only in fortified foods.
- B) is found only in foods from animal sources.
- C) must be supplied by the diet.
- D) provides energy (kcal) to the diet.

Answer: C

Section: 01.02

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.02.02 Identify the key features of an essential nutrient.

Accessibility: Keyboard Navigation

9) Which of the following describe a conditionally essential nutrient?

- A) A nutrient that is normally nonessential, but becomes essential under certain conditions.
- B) A nutrient that may be made in the body, but in amounts that are inadequate.
- C) A nutrient that becomes essential due to a metabolic disorder or serious disease (e.g. kidney or liver disease).
- D) All of the choices are correct.

Answer: D

Section: 01.02

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.02.02 Identify the key features of an essential nutrient.

Accessibility: Keyboard Navigation

10) Which of the following is a micronutrient?

- A) Iron
- B) Glucose
- C) Fat
- D) Protein

Answer: A

Section: 01.02

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.02.03 Categorize nutrients based on whether they are essential and their designation as a micronutrient or macronutrient.

Accessibility: Keyboard Navigation

11) Which of the following substances is a macronutrient?

- A) Protein
- B) Vitamin C
- C) Calcium
- D) Sodium

Answer: A

Section: 01.02

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.02.03 Categorize nutrients based on whether they are essential and their designation as a micronutrient or macronutrient.

Accessibility: Keyboard Navigation

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

- A) Margarine
- B) Tuna
- C) Blueberries
- D) Chicken

Answer: C

Section: 01.02

Topic: Nutrition basics; Phytochemicals

Bloom's: 2. Understand

Learning Outcome: 01.02.04 Identify rich food sources of phytochemicals.

Accessibility: Keyboard Navigation

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

- A) Cherries
- B) Green tea
- C) Whole-grain bread
- D) Lean meat

Answer: D

Section: 01.02

Topic: Phytochemicals

Bloom's: 2. Understand

Learning Outcome: 01.02.04 Identify rich food sources of phytochemicals.

Accessibility: Keyboard Navigation

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

- A) 1.6
- B) 1600
- C) 16,000
- D) 160,000

Answer: C

Section: 01.03

Topic: Nutrition basics; Nutrition computations

Bloom's: 3. Apply

Learning Outcome: 01.03.01 Distinguish between calorie and kilocalorie.

Accessibility: Keyboard Navigation

15) A small apple supplies approximately 40,000 _____.

- A) calories
- B) kilocalories
- C) Calories
- D) Kilocalories

Answer: A

Section: 01.03

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.03.01 Distinguish between calorie and kilocalorie.

Accessibility: Keyboard Navigation

- 16) 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
- A) 87 kcals.
 - B) 97 kcals.
 - C) 107 kcals.
 - D) 117 kcals.

Answer: D

Section: 01.03

Topic: Nutrition basics; Nutrition computations

Bloom's: 3. Apply

Learning Outcome: 01.03.02 Estimate the amount of energy (kcal) in a serving of food based on the grams of carbohydrate, protein, fat, and alcohol present.

Accessibility: Keyboard Navigation

- 17) Approximately how many grams of carbohydrate are in a sugar-sweetened beverage that supplies 200 kcals and contains no fiber, fat, protein, or alcohol?
- A) 50 grams of carbohydrate
 - B) 30 grams of carbohydrate
 - C) 43 grams of carbohydrate
 - D) 65 grams of carbohydrate

Answer: A

Section: 01.03

Topic: Nutrition basics; Nutrition computations

Bloom's: 3. Apply

Learning Outcome: 01.03.02 Estimate the amount of energy (kcal) in a serving of food based on the grams of carbohydrate, protein, fat, and alcohol present.

Accessibility: Keyboard Navigation

- 18) Which of the following conditions is NOT a leading cause of death in the United States?
- A) Tuberculosis
 - B) Cancer
 - C) Heart disease
 - D) Stroke

Answer: A

Section: 01.04

Topic: Nutrition basics; Public health and nutrition; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.04.01 Identify the 10 leading causes of death in the United States.

Accessibility: Keyboard Navigation

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

- A) Chronic lower respiratory infections
- B) Stroke
- C) Suicide
- D) Influenza and pneumonia

Answer: B

Section: 01.04

Topic: Nutrition basics; Public health and nutrition; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.04.01 Identify the 10 leading causes of death in the United States.

Accessibility: Keyboard Navigation

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

- A) hypothetical variable
- B) dietary modulator
- C) nutritional determinant
- D) risk factor

Answer: D

Section: 01.04

Topic: Nutrition basics; Public health and nutrition

Bloom's: 2. Understand

Learning Outcome: 01.04.02 Describe lifestyle factors that contribute to the leading causes of death in the United States.

Accessibility: Keyboard Navigation

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

- A) Eating fatty foods
- B) Consuming alcohol
- C) Exercising infrequently
- D) Smoking cigarettes

Answer: D

Section: 01.04

Topic: Nutrition basics; Public health and nutrition

Bloom's: 2. Understand

Learning Outcome: 01.04.02 Describe lifestyle factors that contribute to the leading causes of death in the United States.

Accessibility: Keyboard Navigation

- 22) To improve nutrition and weight status, a primary objective of *Healthy People 2020* is to
- A) increase the number of children and adults who receive annual influenza vaccinations.
 - B) reduce television advertisements for unhealthy food options.
 - C) educate consumers on how to obtain nutrition information from reliable sources.
 - D) reduce child and adult consumption of calories from solid fats and added sugars.

Answer: D

Section: 01.04

Topic: Nutrition basics; Public health and nutrition

Bloom's: 1. Remember

Learning Outcome: 01.04.03 Identify nutrition-related objectives of Healthy People 2020.

Accessibility: Keyboard Navigation

- 23) Which of the following is NOT a major nutrition-related objective of *Healthy People 2020*?
- A) Reduce the proportion of adults who are obese.
 - B) Increase the contribution of fruits to the diets of the population aged 2 years and older.
 - C) Increase the contribution of whole grains to the diets of the population aged 2 years and older.
 - D) Provide fitness trails to increase physical activity of children and adults.

Answer: D

Section: 01.04

Topic: Nutrition basics; Public health and nutrition

Bloom's: 1. Remember

Learning Outcome: 01.04.03 Identify nutrition-related objectives of Healthy People 2020.

Accessibility: Keyboard Navigation

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

Answer: A

Section: 01.05

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.05.01 Identify factors that influence a person's usual food selections.

Accessibility: Keyboard Navigation

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

- A) Childhood experiences
- B) Blood type
- C) Health beliefs
- D) Mood

Answer: B

Section: 01.05

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.05.01 Identify factors that influence a person's usual food selections.

Accessibility: Keyboard Navigation

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

- A) Age
- B) Perception of food's sensory characteristics
- C) Emotional stress level
- D) Hunger

Answer: C

Section: 01.05

Topic: Food sources

Bloom's: 1. Remember

Learning Outcome: 01.05.02 Discuss the influence that biological, physiological, cognitive, psychological and environmental factors can have on a person's food choices.

Accessibility: Keyboard Navigation

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

- A) biological
- B) cognitive
- C) environmental
- D) physiological

Answer: B

Section: 01.05

Topic: Food sources

Bloom's: 1. Remember

Learning Outcome: 01.05.02 Discuss the influence that biological, physiological, cognitive, psychological and environmental factors can have on a person's food choices.

Accessibility: Keyboard Navigation

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

- A) Attractive packaging
- B) Product placement at the end of supermarket aisles
- C) In-store product sampling demonstrations
- D) Nutrition information posted next to fresh fruits and vegetables

Answer: D

Section: 01.05

Topic: Food sources

Bloom's: 2. Understand

Learning Outcome: 01.05.03 Discuss ways that food marketing efforts can influence an individual's food selections.

Accessibility: Keyboard Navigation

29) In-store food marketing efforts are primarily designed to accomplish all of the following EXCEPT _____.

- A) help shoppers make healthy food choices
- B) stimulate the senses
- C) direct shoppers to more profitable items
- D) increase sales

Answer: A

Section: 01.05

Topic: Food sources

Bloom's: 1. Remember

Learning Outcome: 01.05.03 Discuss ways that food marketing efforts can influence an individual's food selections.

Accessibility: Keyboard Navigation

30) Which of the following statements is TRUE?

- A) A megadose of vitamin C is within the range of safe intake for the nutrient.
- B) Peanut butter is an empty-calorie food.
- C) Most foods are mixtures of nutrients.
- D) A healthy diet supplies 90% of its calories from protein-rich foods.

Answer: C

Section: 01.06

Topic: Nutrition basics; Food sources

Bloom's: 2. Understand

Learning Outcome: 01.06.01 Discuss the importance of the six key nutrition concepts to the study of nutrition.

Accessibility: Keyboard Navigation

- 31) Which of the following is NOT a key nutrition concept?
- A) Malnutrition includes overnutrition as well as undernutrition.
 - B) Foods and the nutrients they contain are not cure-alls.
 - C) Variety, moderation, and balance can help ensure a diet's nutritional adequacy.
 - D) The best way for people to obtain all the essential nutrients is to consume dietary supplements.

Answer: D

Section: 01.06

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.06.01 Discuss the importance of the six key nutrition concepts to the study of nutrition.

Accessibility: Keyboard Navigation

- 32) Which of the following foods is the most nutrient-dense per serving?
- A) Leafy greens
 - B) French fries
 - C) Grape drink
 - D) Refined grains

Answer: A

Section: 01.06

Topic: Nutrition basics

Bloom's: 3. Apply

Learning Outcome: 01.06.02 Compare a food that has a lot of empty calories to a nutrient-dense food.

Accessibility: Keyboard Navigation

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

Answer: C

Section: 01.06

Topic: Nutrition basics

Bloom's: 3. Apply

Learning Outcome: 01.06.02 Compare a food that has a lot of empty calories to a nutrient-dense food.

Accessibility: Keyboard Navigation

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

- A) ½ cup fresh strawberries
- B) 4-ounce chocolate doughnut
- C) 8 ounces fat-free milk
- D) 3 ounces baked chicken

Answer: B

Section: 01.06

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.06.03 Explain energy density and provide examples of energy-dense food choices.

Accessibility: Keyboard Navigation

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

- A) Strawberries
- B) Spinach
- C) Peanut butter
- D) Raw apples

Answer: C

Section: 01.06

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.06.03 Explain energy density and provide examples of energy-dense food choices.

Accessibility: Keyboard Navigation

36) Which of the following statements is FALSE?

- A) Dietary supplements include fish oil, glucosamine, echinacea, and flaxseed oil.
- B) The Dietary Supplement Health and Education Act of 1994 allows manufacturers to classify dietary supplements as foods.
- C) A megadose is an amount of a vitamin or mineral that greatly exceeds the recommended amount of the nutrient.
- D) In order for a dietary supplement to be on the market, all research studies on the supplement must show a beneficial effect on health.

Answer: D

Section: 01.06

Topic: Dietary supplements

Bloom's: 1. Remember

Learning Outcome: 01.06.04 Describe a dietary supplement according to the Dietary Supplement and Health Education Act of 1994.

Accessibility: Keyboard Navigation

37) 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) Vitamin E
- C) Copper
- D) Lysine

Answer: A

Section: 01.06

Topic: Nutrition basics; Dietary supplements

Bloom's: 1. Remember

Learning Outcome: 01.06.04 Describe a dietary supplement according to the Dietary Supplement and Health Education Act of 1994.

Accessibility: Keyboard Navigation