

Student name: _____

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) A nutrient is a substance found in food that the body uses to grow, maintain, and repair itself.

- ☐ true
- ☐ false

2) The way we eat has changed over the last century in part because of refrigeration and modern appliances.

- ☐ true
- ☐ false

3) Nutrition is about understanding why we like the foods we do.

- ☐ true
- ☐ false

4) Fats satisfy hunger because of their fast absorption rate from the digestive system.

- ☐ true
- ☐ false

5) Proteins are complex inorganic compounds made up of lipids.

- ☐ true
- ☐ false

6) The fat-soluble vitamins—A, D, E, and K

—are necessary for the function or structural integrity of specific body tissues and membranes and are retained in the body.

- ☐ true
- ☐ false

7) Vitamin E is an oxidant that helps to counter the harmful antioxidant effects of free radicals.

- ☐ true
- ☐ false

8) One measure for checking hydration is to weigh yourself every day to ensure that you have consumed enough

fluids to restore water weight.

- ☐ true
- ☐ false

9) The *Dietary Guidelines for Americans 2015-2020* are the cornerstone of federal nutrition policy and

nutrition education activities.

- ☐ true
- ☐ false

10) Due to the wide range of food preferences and choices, learning to eat healthier and maintaining good eating

habits has become easier over the years.

- ☐ true
- ☐ false

11) The "Nutrition Facts" panel on food labels is specially designed for each individual product so that consumers can easily understand key information.

☐ true

☐ false

12) Steroids are substances added to the diet that contain primarily vitamins, minerals, and botanicals.

☐ true

☐ false

13) The body mass index (BMI) is a measure of the percentage of body fat.

☐ true

☐ false

14) Our basic body shape is greatly influenced by both gender and the foods we are fed as infants.

☐ true

☐ false

15) For a person with a body mass index (BMI) above 20, the chances of dying early increase.

☐ true

☐ false

16) The term body composition is used to describe the relative amounts of fat weight (adipose tissue) and lean weight (predominantly muscle and bone) and is reported as

percent body fat (fat weight/body weight).

☐ true

☐ false

17) In relation to body fat distribution, researchers

have shown that abdominal fat may be less dangerous for long-term health than fat in other locations.

- ☐ true
- ☐ false

18) Awareness and the desire to improve are the two most important factors in changing eating habits.

- ☐ true
- ☐ false

19) Nutrition is about understanding what types of food and how much of it one needs and reconciling that with one's eating habits.

- ☐ true
- ☐ false

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

20) The science of food and how the body uses it in health and disease is called:

- A) the dietary guidelines.
- B) the food guide pyramid.
- C) nutrition.
- D) sensible eating.

21) A century ago, most Americans did all of the following EXCEPT:

- A) live on farms.
- B) shop at grocery stores regularly.
- C) grow vegetable gardens.
- D) eat minimally processed foods.

- 22) What constituent of food forms the bulk of what we eat every day?
- A) Vitamins
B) Minerals
C) Macronutrients
D) Micronutrients
- 23) Which of the following refers to nutrients required in the body in the greatest amounts, namely carbohydrates, fats, protein, and water?
- A) Micronutrients
B) Macronutrients
C) Plastids
D) Mitochondria
- 24) Fats, proteins, and water are all considered ____.
- A) macronutrients
B) micronutrients
C) minor nutrients
D) subnutrients
- 25) What nutrients are required only in small amounts?
- A) Macronutrients
B) Proteins
C) Micronutrients
D) Fiber
- 26) Vitamins and minerals are considered ____.
- A) macronutrients
B) micronutrients
C) subnutrients
D) major nutrients

- A) Calorie
- B) Kilojoule

- C) Micromilligram
- D) Kilogram

28) A gram of carbohydrate yields approximately _____ calories.

- A) 2
- B) 4

- C) 6
- D) 8

29) What is the main function of carbohydrates?

- A) To provide fuel for the body cells
- B) To regulate body processes
- C) To maintain body temperature

- D) To build and repair cells

30) The organic compounds that are divided into two types, simple and complex, are called _____.

- A) proteins
- B) calories

- C) kilocalories
- D) carbohydrates

31) Which of the following is an advantage of complex carbohydrates over simple carbohydrates?

- A) They provide energy for a longer period.
- B) They are absorbed quickly by the body.
- C) They contain a high amount of calories.

- D) They are low in fat.

- A) adulterated
- B) inorganic

- C) plant-based
- D) animal-based

33) Which of the following is one of the best sources of soluble fiber?

- A) Soft drinks
- B) Butter

- C) Coconut oil
- D) Oats

34) Which of the following is the best way to increase one's fiber intake?

- A) By eating a variety of whole grains, vegetables, legumes, and fruits
- B) By consuming at least three servings of low-fat milk products every day

- C) By making dietary supplements a part of one's diet
- D) By decreasing one's intake of red meat

35) Which of the following is the most concentrated source of calories in a diet?

- A) Fats
- B) Carbohydrates

- C) Proteins
- D) Vitamins

36) Which of the following types of fat is generally found in red meats and dairy products?

- A) Unsaturated fats
- B) Polyunsaturated fats

- C) *Trans* fats
- D) Saturated fats

37) Which of the following refers to *trans* fats?

- A) Unsaturated fats that are partially hydrogenated
- B) Fats high in omega-3 fatty acids
- C) Fats that are neither saturated nor unsaturated

D) Saturated fats converted into unsaturated fats

38) Which of the following refers to vegetable oils chemically converted to a solid form?

- A) Polyunsaturated fats
- B) Unsaturated fats

C) *Trans* fats
D) Monosaturated fats

39) What substance exists in every cell in the body and is required for tissue growth and maintenance?

- A) Glycogen
- B) Protein

C) Fat
D) Glucose

40) Which nutrient provides the body with essential amino acids?

- A) Carbohydrates
- B) Protein

C) Fats
D) Vitamins

41) Which of the following substances are found only in small quantities in food but play a variety of roles in

regulating and maintaining bodily functions?

- A) Vitamins and minerals
- B) Sugars and starches
- C) Fats and proteins

D) Carbohydrates and fiber

42) _____ are(is) a group of inorganic elements that are essential to a variety of physiological processes and are obtained through the foods and beverages we consume.

- A) Hormones
- B) Mitochondria

- C) Plastids
- D) Minerals

43) Which of these is the substance found in certain vitamins that helps protect the body cells from damage?

- A) Micronutrients
- B) Antioxidants

- C) Macronutrients
- D) Free radicals

44) Which of the following is the most essential nutrient?

- A) Protein
- B) Fiber

- C) Water
- D) Fat

45) Which of these agencies or organizations is primarily responsible for providing nutrition information and advice to Americans?

- A) World Health Organization
- B) U.S. Food and Drug Administration
- C) U.S. Department of Health and Human Services

- D) U.S. Department of Agriculture

46) The *Dietary Guidelines for Americans* are based on the best possible _____ knowledge of diet and exercise.

- A) local
- B) scientific

- C) anecdotal
- D) public

47) What are the *Dietary Guidelines for Americans* designed to help people do?

- A) Choose diets that meet nutrient requirements
- B) Lose weight
- C) Reduce physical activity

D) Promote chronic disease

48) Which of the following is a recommendation of the 2015- 2020 *Dietary Guidelines*?

- A) Increase calories from added sugars and saturated fats.
- B) Shift to healthier food and beverage choices.

C) Increase sodium content in food.

D) Prepare food with little or no salt.

49) In an effort to make it easier for people to make better food choices, the U.S. Department of Agriculture (USDA) recently developed:

- A) the food guide pyramid.
- B) ChooseMyPlate.
- C) the Food Guidance System Education

Framework.

D) the USDA Nutritional Guidelines.

50) The 2015-2020 *Dietary Guidelines* provide five overarching recommendations that include all of the following EXCEPT:

- A) avoiding oversized portions.
- B) consuming fat-free or low-fat milk.
- C) choosing lower sodium foods.

D) drinking sugary drinks instead of water.

51) When was the food guidance system ChooseMyPlate

launched?

- A) 1975
- B) 1985

- C) 1995
- D) 2011

52) Food poisoning is caused by consuming:

- A) too much fats.
- B) too many sweets.
- C) contaminated foods or beverages.

D) foods that
have been cooked too long.

53) To kill microorganisms, cook ground beef to an internal temperature of:

- A) 120°Fahrenheit.
- B) 130°Fahrenheit.
- C) 160°Fahrenheit.

D)
180°Fahrenheit.

54) The Centers for Disease Control and Prevention (CDC) reports that obesity rates doubled among American adults between:

- A) 1960 and 1970.
- B) 1970 and 1990.
- C) 1980 and 1990.

D) 1980 and
2010.

55) The obesity problem in America can be understood as a result of all of the following lifestyle changes EXCEPT:

- A) less convenient access to food.
- B) less physical activity.
- C) more food choices.

D) larger
portions.

56) The key to understanding weight control is:

- A) the United States Department of Agriculture (USDA) guidelines.
- B) MyPyramid.

- C) energy intake versus energy expenditure.
- D) nutrition basics.

57) A healthy weight refers to a body weight:

- A) at which you look the way you want to.
- B) at which you can physically function at a high level of well-being.
- C) that allows you to get into clothes you wore in

high school.

- D) that encourages you to eat nutritious foods.

58) What is the approximate body mass index (BMI) range for healthy weight?

- A) 8.5-15
- B) 15.5-20

- C) 18.5-24.9
- D) 25.5-30

59) Common field methods for determining body composition include all of the following EXCEPT:

- A) the measurement of skinfolds.
- B) the measurement of circumferences.
- C) the measurement of bioelectric impedance.

- D) weighing on a scale.

60) In relation to fat distribution, research has shown that _____ fat may be more dangerous for long-term health than

other locations containing fat.

- A) abdominal
- B) arm

- C) lower hip
- D) facial

61) Which of the following eating disorders is more widespread than anorexia?

- A) Eczema
- B) Night eating syndrome

- C) Bulimia
- D) Ketosis

62) The condition in which energy consumption is consistently higher than energy expenditure is known as _____ energy balance.

- A) negative
- B) positive

- C) lost
- D) greater

63) People who consume 500 calories a day less than they expend should lose how much weight per week?

- A) 1 pound
- B) 2 pounds

- C) 3 pounds
- D) 4 pounds

64) In order to eat well, we need to:

- A) read books on healthy living.
- B) improve the everyday choices we make about food.

- C) begin a weight-loss program.
- D) gather more nutritional knowledge.

65) If we wish to change a behavior, the likelihood of success is much better if we:

- A) listen to our peers.
- B) go on a diet.

- C) take the time

to develop a sound plan.

D) read books about it.

66) The National Weight Control Registry estimates that _____ percent of people who are overweight or obese have

- A) 10
- B) 20

been able to achieve weight-loss success.

- C) 30
- D) 35

67) Successful long-term maintenance of weight loss is defined as intentionally losing at least _____ percent of your

- A) 10
- B) 12

body weight and keeping it off for at least a year.

- C) 15
- D) 20

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

68) Explain obesity and identify the several reasons for it.

69) Explain the two most common types of eating disorders.

70) Create a personalized plan involving healthy eating and weight management. List four questions you might ask yourself about your food and lifestyle choices to ensure that

your plan meets the essential criteria for success.

Answer Key

Test name: Chapter 02

- 1) TRUE
- 2) TRUE
- 3) FALSE
- 4) FALSE
- 5) FALSE
- 6) TRUE
- 7) FALSE
- 8) TRUE
- 9) TRUE
- 10) FALSE
- 11) FALSE
- 12) FALSE
- 13) FALSE
- 14) FALSE
- 15) FALSE
- 16) TRUE
- 17) FALSE
- 18) FALSE
- 19) TRUE

20) C

21) B

22) C

23) B

24) A

25) C

26) B

27) A

28) B

29) A

30) D

31) A

32) C

33) D

34) A

35) A

36) D

37) A

38) C

39) B

40) B

41) A

42) D

43) B

44) C

45) D

46) B

47) A

48) B

49) B

50) D

51) D

52) C

53) C

54) D

55) A

56) C

57) B

58) C

59) D

60) A

61) C

62) B

63) A

64) B

65) C

66) B

67) A

68) Answers will vary.

69) Answers will vary.

70) Answers will vary.