

True / False

1. Malnutrition includes deficiencies, imbalances, and excesses of nutrients, alone or in combination, any of which can take a toll on health over time.

- a. True
- b. False

ANSWER: True

REFERENCES: A Lifetime of Nourishment

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS: Bloom's: Understand

2. Good food choices can reduce the chance of developing chronic diseases.

- a. True
- b. False

ANSWER: True

REFERENCES: A Lifetime of Nourishment

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS: Bloom's: Understand

3. Vegetable intakes have increased substantially and the number of obese people has declined in recent years.

- a. True
- b. False

ANSWER: False

REFERENCES: Healthy People: Nutrition Objectives for the Nation

LEARNING OBJECTIVES: NUCC.SIZR.17.1.2 - List seven major categories of nutrition and weight-related objectives included in the publication Healthy People 2020.

KEYWORDS: Bloom's: Understand

4. The human genome is 99.9% the same in all people.

- a. True
- b. False

ANSWER: True

REFERENCES: A Lifetime of Nourishment

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS: Bloom's: Understand

5. When a hospital client has to be fed through a vein, the duration should be as short as possible and real food should be reintroduced as early as possible.

- a. True
- b. False

ANSWER: True

REFERENCES: The Human Body and Its Food

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

6. Enriched and fortified foods are not necessarily more nutritious than whole basic foods.

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

- a. True
- b. False

ANSWER: True

REFERENCES: The Challenge of Choosing Foods

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

7. Functional foods contain bioactive food components that are believed to provide health benefits beyond their nutrient content.

- a. True
- b. False

ANSWER: True

REFERENCES: The Challenge of Choosing Foods

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

8. Cultural traditions regarding food are static and inflexible.

- a. True
- b. False

ANSWER: False

REFERENCES: The Challenge of Choosing Foods

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

9. Once a new finding is published in a scientific journal, it is still only preliminary and must undergo repeated testing to eventually be confirmed.

- a. True
- b. False

ANSWER: True

REFERENCES: The Science of Nutrition

LEARNING OBJECTIVES: NUCC.SIZR.17.1.5 - Describe the science of nutrition.

KEYWORDS: Bloom's: Understand

10. Physical activity is not linked to nutrition as a factor supporting health.

- a. True
- b. False

ANSWER: False

REFERENCES: A Lifetime of Nourishment

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS: Bloom's: Understand

11. Every five years the U.S. Department of Health and Human Services sets health and nutrition objectives for the nation.

- a. True
- b. False

ANSWER: False

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

REFERENCES: Healthy People: Nutrition Objectives for the Nation

LEARNING OBJECTIVES: NUCC.SIZR.17.1.2 - List seven major categories of nutrition and weight-related objectives included in the publication Healthy People 2020.

KEYWORDS: Bloom's: Understand

12. The energy in food is chemical energy, which can be converted into mechanical, electrical, thermal, or other forms of energy in the body.

- a. True
- b. False

ANSWER: True

REFERENCES: The Human Body and Its Food

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

Controversy 1 True/False Items

13. Consumers must distinguish for themselves if information found on the Internet is valid or misinformation.

- a. True
- b. False

ANSWER: True

REFERENCES: Sorting the Imposters from the Real Nutrition Experts

PREFACE NAME: Controversy T/F

LEARNING OBJECTIVES: NUCC.SIZR.17.1.8 - Evaluate the authenticity of nutrition information sources.

KEYWORDS: Bloom's: Understand

Multiple Choice

Comprehension-Level Multiple-Choice Items

14. Which condition is the most nutrition responsive?

- a. hypertension
- b. diabetes
- c. iron-deficiency anemia
- d. sickle-cell anemia
- e. osteoporosis

ANSWER: c

REFERENCES: A Lifetime of Nourishment

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS: Bloom's: Understand

15. Of the 10 leading causes of death in the United States, _____ are related to nutrition, and one to alcohol consumption.

- a. two
- b. three
- c. four
- d. five

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

e. six

ANSWER:

c

REFERENCES:

A Lifetime of Nourishment

PREFACE NAME:

Comprehension-Level MC

LEARNING OBJECTIVES:

NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS:

Bloom's: Understand

16. The development of chronic diseases has a connection to poor diet and:

- a. can be completely prevented by eating a good diet.
- b. will not be affected by lifestyle choices.
- c. is not affected by genetics.
- d. can be completely prevented by altering genes.
- e. can be reduced by food choices along with lifestyle choices.

ANSWER:

e

REFERENCES:

A Lifetime of Nourishment

PREFACE NAME:

Comprehension-Level MC

LEARNING OBJECTIVES:

NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS:

Bloom's: Understand

17. Nutrition objectives for the nation set by *Healthy People 2020* included all of the following **except**:

- a. Reduce outbreaks of food-borne infections.
- b. Reduce the death rate from cancer.
- c. Reduce the number of schools offering breakfast.
- d. Reduce the death rate from heart disease.
- e. Increase the proportion of schools that require daily physical education.

ANSWER:

c

REFERENCES:

Healthy People: Nutrition Objectives for the Nation

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.2 - List seven major categories of nutrition and weight-related objectives included in the publication *Healthy People 2020*.

KEYWORDS:

Bloom's: Understand

18. Effects of physical activity on the body include all of the following **except**:

- a. decreased bone density.
- b. reduced risk of cardiovascular diseases.
- c. faster wound healing.
- d. increased lean body tissue.
- e. improved mental functioning.

ANSWER:

a

REFERENCES:

A Lifetime of Nourishment

PREFACE NAME:

Comprehension-Level MC

LEARNING OBJECTIVES:

NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS:

Bloom's: Understand

19. Nutrition-related health objectives for the nation have been published by the:

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

- a. Department of Agriculture.
- b. Food and Drug Administration.
- c. Department of Health and Human Services.
- d. Centers for Disease Control and Prevention.
- e. Association for Nutrition and Dietetics.

ANSWER: c

REFERENCES: Healthy People: Nutrition Objectives for the Nation

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.2 - List seven major categories of nutrition and weight-related objectives included in the publication Healthy People 2020.

KEYWORDS: Bloom's: Understand

20. The nutrients fall into _____ classes.

- a. two
- b. four
- c. six
- d. eight
- e. five

ANSWER: c

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

21. All of the following nutrients are organic **except**:

- a. minerals.
- b. fat.
- c. vitamins.
- d. carbohydrates.
- e. Minerals, vitamins, carbohydrates, and fat are all organic nutrients.

ANSWER: a

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

22. The energy-yielding nutrients include:

- a. carbohydrates and minerals.
- b. fat and water.
- c. vitamins and carbohydrates.
- d. protein and fat.
- e. protein and vitamins.

ANSWER: d

REFERENCES: The Human Body and Its Food

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

PREFACE NAME: Comprehension-Level MC
LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.
KEYWORDS: Bloom's: Understand

23. Which type of nutrients yield energy, but also provide materials that form structures and working parts of body tissues?

- a. carbohydrates
- b. proteins
- c. fats
- d. vitamins
- e. minerals

ANSWER: b
REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC
LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.
KEYWORDS: Bloom's: Understand

24. One gram of alcohol provides _____ calories.

- a. two
- b. four
- c. seven
- d. nine
- e. three

ANSWER: c
REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC
LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.
KEYWORDS: Bloom's: Understand

25. In nutrition, the word *essential* means:

- a. necessary for good health and proper functioning of the body.
- b. a necessary nutrient that can be obtained only from the diet.
- c. that the body can manufacture the nutrient from raw materials.
- d. compounds the body can make for itself.
- e. a necessary nutrient that cannot be obtained from the diet.

ANSWER: b
REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC
LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.
KEYWORDS: Bloom's: Understand

26. The most energy-rich of the nutrients is:

- a. carbohydrate.
- b. fat.
- c. protein.

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

- d. water.
- e. vitamins.

ANSWER: b

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

27. Food scientists measure food energy in:

- a. degrees.
- b. kilograms.
- c. grams.
- d. units of weight.
- e. calories.

ANSWER: e

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

28. What is a characteristic of alcohol?

- a. It is a nutrient.
- b. It provides water but not calories.
- c. It enhances the repair of body tissues.
- d. It is a key ingredient of dietary supplements.
- e. It provides calories.

ANSWER: e

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

29. When used with human beings, elemental diets:

- a. support life.
- b. support optimal growth.
- c. support long-term health.
- d. enable people to thrive.
- e. are ideally used over long periods.

ANSWER: a

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

30. Carbohydrate and protein each provide _____ calories per gram.

- a. 2
- b. 4
- c. 7
- d. 6
- e. 9

ANSWER: b

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

31. The major role in the body that all vitamins and minerals share is:

- a. to act as regulators in body processes.
- b. to serve as parts of body structure.
- c. to provide energy.
- d. to prevent chronic disease.
- e. to optimize brain function.

ANSWER: a

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

32. A compound that gives a plant-derived food its color and taste is called a:

- a. toxin.
- b. nutrient.
- c. supplement.
- d. phytochemical.
- e. bioactive compound.

ANSWER: d

REFERENCES: The Human Body and Its Food

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

33. On a given day, a majority of our population consumes inadequate:

- a. fruits and vegetables.
- b. water.
- c. grains.
- d. meat.
- e. calories.

ANSWER: a

REFERENCES: The Challenge of Choosing Foods

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

34. The term “_____” has no legal definition but is often used on food labels to imply wholesomeness.

- a. medical
- b. natural
- c. processed
- d. enriched
- e. functional

ANSWER: b

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

35. Foods that have been subjected to any process such as addition of additives, milling, or cooking are called _____ foods.

- a. processed
- b. partitioned
- c. natural
- d. enriched
- e. functional

ANSWER: a

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

36. Rice is an example of a _____ food used in Southeast Asia.

- a. fortified
- b. natural
- c. staple
- d. processed
- e. functional

ANSWER: c

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

37. One of the characteristics of a nutritious diet is that the foods provide enough of each essential nutrient, fiber, and energy. This principle of diet planning is called:

- a. variety.
- b. balance.

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

- c. moderation.
- d. calorie control
- e. adequacy.

ANSWER: e

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

38. A certain amount of fiber in foods contributes to the health of the digestive tract, but eating too much fiber leads to nutrient losses. The characteristic of diet planning illustrated by this statement is called:

- a. adequacy.
- b. calorie control.
- c. balance.
- d. moderation.
- e. variety

ANSWER: d

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

39. Many factors influence food choices by individuals. Among these are:

- a. cultural traditions, which are inflexible and cannot be changed.
- b. the convenience of meals that require little or no preparation.
- c. the emotional comfort provided by foods with high nutrient content.
- d. expense, which is somewhat more important than taste.
- e. the desire to make up for consistently poor food choices.

ANSWER: b

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

40. The source of valid nutrition information is:

- a. newspaper articles.
- b. TV programs.
- c. scientific research.
- d. health magazines.
- e. infomercials.

ANSWER: c

REFERENCES: The Science of Nutrition

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.5 - Describe the science of nutrition.

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

KEYWORDS: Bloom's: Understand

41. What type of research studies populations and is often used to search for correlations between dietary habits and disease incidence?

- a. intervention study
- b. laboratory study
- c. case study
- d. epidemiological study
- e. placebo-controlled study

ANSWER: b

REFERENCES: The Science of Nutrition

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.5 - Describe the science of nutrition.

KEYWORDS: Bloom's: Understand

42. Which research design is among the most powerful tools in nutrition research because it shows the effects of treatments?

- a. case study
- b. epidemiological study
- c. correlation study
- d. well-funded study
- e. intervention study

ANSWER: e

REFERENCES: The Science of Nutrition

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.5 - Describe the science of nutrition.

KEYWORDS: Bloom's: Understand

43. In the precontemplation stage of change, the best action to take is to:

- a. collect information and learn about your current behaviors.
- b. write out a plan for change with specific actions to take.
- c. commit to making a change and set a date to start.
- d. persevere through any lapses that may occur.
- e. perform the new behavior to determine whether you want to adopt it or not.

ANSWER: a

REFERENCES: Changing Behaviors

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.6 - Explain the significance of behavior change in improving a person's diet.

KEYWORDS: Bloom's: Understand

44. The most effective way to change behavior is to:

- a. set desirable overall outcomes of change.
- b. set small, achievable goals.
- c. concentrate mainly on the strengths of your eating pattern.

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

- d. avoid changes in your daily routine.avoid changes in your daily routine.
- e. target a general or overarching problem.

ANSWER: b

REFERENCES: Changing Behaviors

PREFACE NAME: Comprehension-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.6 - Explain the significance of behavior change in improving a person's diet.

KEYWORDS: Bloom's: Understand

Application-Level Multiple-Choice Items

45. Your food intake on a daily basis affects your health because:

- a. you must eat adequate amounts of every nutrient daily to stay healthy.
- b. improper balance of nutrients over time can lead to chronic diseases in the future.
- c. malnutrition is a result of not eating enough foods.
- d. overeating will result in very quickly developing a chronic disease.
- e. you are more susceptible to illness on a day you do not eat adequate nutrients.

ANSWER: b

REFERENCES: A Lifetime of Nourishment

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS: Bloom's: Understand

46. When considering the effect of genetics and nutrition on chronic disease development in individuals:

- a. we need to understand that all individuals have the same genetic makeup.
- b. sound nutrition practices have the greatest influence on prevention of all chronic diseases.
- c. our genetic inheritance determines the influence nutrition will have on disease prevention.
- d. scientists have recently been able to identify all the genetic connections to chronic disease.
- e. genetic inheritance has the greatest influence on risk of all chronic diseases.

ANSWER: c

REFERENCES: A Lifetime of Nourishment

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS: Bloom's: Understand

47. If a person has inherited genetic coding that is related to heart disease, what effect might dietary practices have on this person's health?

- a. They will have no effect because development of the disease has been pre-determined.
- b. They will have differing effects dependent upon the type of genetic messages.
- c. They can completely reverse the genetic coding that has been inherited.
- d. They will work the same way for everyone who has heart disease.
- e. They will alter the genetic coding and reduce the risk of heart disease.

ANSWER: b

REFERENCES: A Lifetime of Nourishment

PREFACE NAME: Application-Level MC

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

KEYWORDS: Bloom's: Understand

48. How many calories are provided by a food that contains 20 grams of carbohydrate, 8 grams protein, and 5 grams of fat?

- a. 157
- b. 232
- c. 258
- d. 378
- e. 558

ANSWER: a

REFERENCES: The Human Body and Its Food

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

49. A food provides 8 grams of fat and 300 total calories. What is the percentage of calories from fat in this product?

- a. 24%
- b. 30%
- c. 48%
- d. 52%
- e. 58%

ANSWER: a

REFERENCES: The Human Body and Its Food

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

50. Your best friend tells you that she has started taking vitamin supplements to give her energy. How would you respond to her statement?

- a. Vitamins are organic and are a great energy source.
- b. Vitamins provide energy because they undergo oxidation.
- c. Vitamins do not yield usable energy.
- d. You should drink plenty of water with the vitamins so your body can use their energy.
- e. You should take the vitamins about 2 hours before exercise to maximize your energy.

ANSWER: c

REFERENCES: The Human Body and Its Food

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

51. Phytochemicals found in foods are important because:

- a. they increase the risk of developing certain diseases when they are eaten.
- b. they decrease the risk of developing certain diseases when they are eaten.
- c. they are considered to be essential nutrients.

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- d. they are a new category of vitamins.
- e. they confer texture and volume to foods.

ANSWER: b

REFERENCES: The Human Body and Its Food

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

KEYWORDS: Bloom's: Understand

52. A compound in cranberries may prevent some bacteria from clinging to the urinary tract and help prevent urinary tract infections. Thus cranberries are an example of a:

- a. nutraceutical.
- b. functional food.
- c. phytochemical.
- d. natural food.
- e. processed food.

ANSWER: b

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

53. The abundance of types of foods available today has made it:

- a. more difficult to plan a nutritious diet.
- b. much easier to select nutritious foods for a diet.
- c. healthier to combine nutraceuticals for disease prevention.
- d. easier to balance a deficient diet with functional foods.
- e. unnecessary to consume dietary supplements.

ANSWER: a

REFERENCES: The Human Body and Its Food

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

54. You purchase a food product that is enriched. This means that:

- a. the product is superior to similar products.
- b. the product is low in calories and high in nutrients.
- c. the product could be either nutritious or not nutritious.
- d. the product is inferior to similar products.
- e. the product is intended for people medical disorders.

ANSWER: c

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

55. When making food choices, the best types of foods to include in your diet are:

- a. natural foods, because they are the most nutritious and complete.
- b. fast foods, because they are the most readily available.
- c. whole foods, because they provide the basis of a nutritious diet.
- d. processed foods, because they are fortified with all missing nutrients.
- e. functional foods, because they can make up for bad food choices.

ANSWER: c

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

56. Most foods that are high in calcium are poor sources of iron. This statement illustrates the importance of the characteristic of a nutritious diet known as:

- a. adequacy.
- b. calorie control.
- c. moderation.
- d. balance.
- e. variety.

ANSWER: d

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

57. Harry has a monotonous diet and eats the same foods every day. You try to convince him to eat a variety of foods because:

- a. eating a variety of foods provides some less well-known nutrients and some nonnutrient food components that could be important to health.
- b. a monotonous diet may deliver large amounts of unwanted minerals.
- c. a monotonous diet may lead to decreased appetite and severe weight loss.
- d. a monotonous diet may lead to an excess of certain vitamins.
- e. eating a variety of foods improves mood.

ANSWER: a

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

58. When you are ill with a cold, you fix a bowl of chicken noodle soup to eat to feel better. What factor drives your food choice in this situation?

- a. availability
- b. habit
- c. emotional comfort
- d. social pressure

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- e. calorie control

ANSWER: c

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

59. Having cake and ice cream as part of a birthday celebration is an example of which food choice factor?

- a. economy
- b. positive association
- c. social pressure
- d. values
- e. availability

ANSWER: b

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

60. Your family always has rice available at every meal, just as it has been for every generation. This is an example of food selection due to:

- a. cultural tradition.
- b. emotional comfort.
- c. availability.
- d. social pressure.
- e. economy.

ANSWER: a

REFERENCES: The Challenge of Choosing Foods

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

61. A study conducted in several countries where a high intake of fish and a low intake of animal fat were correlated with a low rate of breast cancer death is an example of a(n):

- a. epidemiological study.
- b. case study.
- c. intervention study.
- d. blind experiment.
- e. laboratory study.

ANSWER: a

REFERENCES: The Science of Nutrition

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.5 - Describe the science of nutrition.

KEYWORDS: Bloom's: Understand

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62. Scientists have developed a new type of margarine containing plant ingredients they think will lower blood cholesterol levels in people who use the margarine. They want to test this by having some people use the new margarine for a while and then compare their cholesterol levels with those of a group of people who use regular margarine. This is an example of what type of research design?

- a. epidemiological study
- b. case study
- c. intervention study
- d. laboratory study
- e. double-blind study

ANSWER:

c

REFERENCES:

The Science of Nutrition

PREFACE NAME:

Application-Level MC

LEARNING OBJECTIVES:

NUCC.SIZR.17.1.5 - Describe the science of nutrition.

KEYWORDS:

Bloom's: Understand

63. You see a new finding about nutrition reported in your local newspaper. Based on this information you would:

- a. decide that the information is factual.
- b. attribute it to media sensationalism.
- c. feel confident about changing your diet accordingly.
- d. wait to apply the findings until they have been repeated and confirmed by scientists.
- e. consider it misinformation.

ANSWER:

d

REFERENCES:

The Science of Nutrition

PREFACE NAME:

Application-Level MC

LEARNING OBJECTIVES:

NUCC.SIZR.17.1.5 - Describe the science of nutrition.

KEYWORDS:

Bloom's: Understand

64. A person with heart disease is told he has to make some changes in his diet and lifestyle practices. He states "I know that I should make changes because my father and brother both died of heart attacks. But, I really like to have my big steaks for dinner." He is in what stage of behavior change?

- a. precontemplation
- b. contemplation
- c. action
- d. maintenance
- e. adoption

ANSWER:

b

REFERENCES:

Changing Behaviors

PREFACE NAME:

Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.6 - Explain the significance of behavior change in improving a person's diet.

KEYWORDS:

Bloom's: Understand

65. An individual has begun to set small goals after writing an action plan for change. He is in what stage of behavior change?

- a. contemplation
- b. preparation

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- c. action
- d. adoption
- e. precontemplation

ANSWER: b

REFERENCES: Changing Behaviors

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.6 - Explain the significance of behavior change in improving a person's diet.

KEYWORDS: Bloom's: Understand

66. Three ounces of beef stew contains about the same amount of iron as three ounces of water-packed tuna, but the beef stew provides over 300 calories while the tuna provides about 100 calories. As regards iron, the tuna offers more:

- a. balance.
- b. nutrient density.
- c. dietary variety.
- d. moderation.
- e. variety.

ANSWER: b

REFERENCES: How Can I Get Enough Nutrients without Consuming Too Many Calories?

PREFACE NAME: Application-Level MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.7 - Discuss the importance of nutrient density in creating an effective diet plan.

KEYWORDS: Bloom's: Understand

Controversy 1 Multiple-Choice Items

67. A false story has circulated for several years on the Internet about the chickens used by a popular national fried chicken chain. It claims that the chickens used by the company have been genetically modified to have no heads, beaks, or feet and are kept alive with feeding tubes. This is an example of:

- a. an advertorial.
- b. an urban legend.
- c. an infomercial.
- d. anecdotal evidence.
- e. a blind study.

ANSWER: b

REFERENCES: Sorting the Imposters from the Real Nutrition Experts

PREFACE NAME: Controversy MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.8 - Evaluate the authenticity of nutrition information sources.

KEYWORDS: Bloom's: Understand

68. A popular star has a half-hour television show describing a new dietary supplement that she claims has made her much healthier. During the show she describes how she has seen improvement in her skin, hair, and eyesight without going to the doctor. This is an example of:

- a. an advertorial.
- b. an urban legend.
- c. an infomercial.

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- d. valid nutrition information.
- e. a blind study

ANSWER: c

REFERENCES: Sorting the Imposters from the Real Nutrition Experts

PREFACE NAME: Controversy MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.8 - Evaluate the authenticity of nutrition information sources.

KEYWORDS: Bloom's: Understand

69. An advertisement for a new performance-enhancing supplement is on the Internet. What can you assume about the advertisement for the supplement?

- a. It is providing accurate information because all information on the Internet has been screened.
- b. The information is valid because the ad describes the research that was done in the company's lab.
- c. The information needs to be checked for scientific validity and accuracy.
- d. Testimonials from individuals who have used the supplement prove that it works.
- e. An RD was consulted because the ad is for a dietary supplement.

ANSWER: c

REFERENCES: Sorting the Imposters from the Real Nutrition Experts

PREFACE NAME: Controversy MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.8 - Evaluate the authenticity of nutrition information sources.

KEYWORDS: Bloom's: Understand

70. You can tell a claim about nutrition is suspect if:

- a. it is being made by an advertiser who is paid to make claims.
- b. the evidence used to support the claim is from a university laboratory.
- c. it appears in a scientific journal that is peer reviewed.
- d. it is being made by a public health nutritionist.
- e. it was written by an RD.

ANSWER: a

REFERENCES: Sorting the Imposters from the Real Nutrition Experts

PREFACE NAME: Controversy MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.8 - Evaluate the authenticity of nutrition information sources.

KEYWORDS: Bloom's: Understand

71. Characteristics of a legitimate and qualified nutrition expert include:

- a. graduation from a university after completing a program of dietetics.
- b. completion of a medical degree.
- c. use of the term "nutritionist" after the individual's name.
- d. completion of a certificate in nutrition from a correspondence program.
- e. having authored a news article about nutrition.

ANSWER: a

REFERENCES: Sorting the Imposters from the Real Nutrition Experts

PREFACE NAME: Controversy MC

LEARNING OBJECTIVES: NUCC.SIZR.17.1.8 - Evaluate the authenticity of nutrition information sources.

KEYWORDS: Bloom's: Understand

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

Essay

72. Describe the potential benefits of physical activity.

ANSWER: Reduced risks of cardiovascular diseases, diabetes, certain cancers, hypertension, and other diseases. Increased endurance, strength, and flexibility. More cheerful outlook and less likelihood of depression. Improved mental functioning. Feeling of vigor. Feeling of belonging—the companionship of sports. Stronger self-image. Reduced body fat and increased lean tissue. A more youthful appearance, healthy skin, and improved muscle tone. Greater bone density and lessened risk of adult bone loss in later life. Increased independence in the elderly. Sound, beneficial sleep. Faster wound healing. Reduced menstrual symptoms. Improved resistance to infection.

REFERENCES: A Lifetime of Nourishment

LEARNING OBJECTIVES: NUCC.SIZR.17.1.1 - Discuss the impact of food choices on a person's health.

CTIVES:

KEYWORDS: Bloom's: Understand

73. Identify the functions of food, in addition to providing nutrients.

ANSWER: In addition to their nutrients, foods contain phytochemicals, compounds that confer color, taste, and other characteristics to foods. Some may be bioactive food components that interact with metabolic processes in the body and may affect disease risks. Even an ordinary baked potato contains hundreds of different compounds. Nutrients and other food components interact with each other in the body and operate best in harmony with one another.

REFERENCES: The Human Body and Its Food

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

CTIVES:

KEYWORDS: Bloom's: Understand

74. Is it possible to take dietary supplements in place of food? Why or why not?

ANSWER: Real food is superior to supplements. Most healthy people who eat a nutritious diet need no dietary supplements at all. Even if a person's basic nutrient needs are perfectly understood and met, a dietary supplement taken in place of food still lacks something. Hospitalized clients who are fed nutrient mixtures through a vein often improve dramatically when they can finally eat food. Something in real food is important to health and real food offers something that cannot be provided through a supplement alone.

REFERENCES: The Human Body and Its Food

LEARNING OBJECTIVES: NUCC.SIZR.17.1.3 - Specify the six classes of nutrients.

CTIVES:

KEYWORDS: Bloom's: Understand

75. Why does the variety of foods available to us today make it more difficult, rather than easier, to plan nutritious diets?

ANSWER: Whereas 100 years ago there were relatively few food choices available and the available foods were mostly whole foods, the number of foods supplied by the food industry today is astounding. Tens of thousands of foods now line the market shelves—many are processed mixtures of the basic ones, and some are constructed entirely from highly processed ingredients. Ironically, this abundance often makes it more difficult, rather than easier, to plan a nutritious diet.

REFERENCES: The Challenge of Choosing Foods

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

CTIVES:

KEYWORDS: Bloom's: Understand

Chapter 01 - FOOD CHOICES AND HUMAN HEALTH

76. Identify and briefly describe the five characteristics of a nutritious diet.

ANSWER: Adequacy is the dietary characteristic of providing all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health and body weight. Balance is the dietary characteristic of providing foods of a number of types in proportion to each other, such that foods rich in some nutrients do not crowd out of the diet foods that are rich in other nutrients. Calorie control is the dietary characteristic of controlling energy intake. Moderation is the dietary characteristic of providing constituents within set limits, not to excess. Variety is the dietary characteristic of providing a wide selection of foods.

REFERENCES: The Challenge of Choosing Foods

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

77. Identify factors that drive food choices.

ANSWER: Many factors—cultural, psychological, physical, social, and philosophical—influence how people choose which foods to eat. Some factors include:

- Advertising. The media have persuaded you to consume these foods.
- Availability. They are present in the environment and accessible to you.
- Cost. They are within your financial means.
- Emotional comfort. They can make you feel better for a while.
- Habit. They are familiar; you always eat them.
- Personal preference and genetic inheritance. You like the way these foods taste.
- Positive or negative associations. Positive: They are eaten by people you admire, or they indicate status, or they remind you of fun. Negative: They were forced on you, or you became ill while eating them.
- Region of the country. They are foods favored in your area.
- Social norms. Your companions are eating them, or they are offered and you feel you can't refuse them.
- Values or beliefs. They fit your religious tradition, square with your political views, or honor the environmental ethic.
- Weight. You think they will help to control body weight.
- Nutrition and health benefits. You think they are good for you.

REFERENCES: The Challenge of Choosing Foods

LEARNING OBJECTIVES: NUCC.SIZR.17.1.4 - Recognize the challenges and solutions to a health-promoting diet.

KEYWORDS: Bloom's: Understand

78. Describe why people should not make changes in their diet based on results of a single research study.

ANSWER: Nutrition science is an active, changing, growing body of knowledge and scientific findings must be repeated. One study does not “prove” or “disprove” anything. Only when a finding has stood up to rigorous, repeated testing in several kinds of experiments performed by several different researchers is it finally considered confirmed. Even then, strictly speaking, science consists not of facts that are set in stone but of *theories* that can always be challenged and revised.

REFERENCES: The Science of Nutrition

LEARNING OBJECTIVES: NUCC.SIZR.17.1.5 - Describe the science of nutrition.

CTIVES:

KEYWORDS: Bloom's: Understand

79. Explain the concept of nutrient density and give an example.

ANSWER: Nutrient density is determined by the amount of nutrients relative to the energy content of a food.

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nutrient-dense food provides vitamins, minerals, and other beneficial substances with relatively few calories. Consider calcium sources, for example. Ice cream and fat-free milk both supply calcium, but a cup of rich ice cream contributes more than 350 calories, whereas a cup of fat-free milk has only 85—and almost double the calcium. Fat-free milk has a high nutrient density, whereas ice cream is low in nutrient density. Among foods that often rank high in nutrient density are the vegetables, particularly the nonstarchy vegetables such as dark leafy greens (cooked and raw), red bell peppers, broccoli, carrots, mushrooms, and tomatoes.

REFERENCES: How Can I Get Enough Nutrients without Consuming Too Many Calories?

LEARNING OBJECTIVES: NUCC.SIZR.17.1.7 - Discuss the importance of nutrient density in creating an effective diet plan.

KEYWORDS: Bloom's: Understand

80. Describe how you would determine whether an Internet site offers reliable nutrition information.

ANSWER: Ask some of the following questions: Who is responsible for the site? For example, “gov” and “edu” indicate government and university sites, usually reliable sources of information. Do the names and credentials of information providers appear? Many legitimate sources provide e-mail addresses or other ways to obtain more information about the site and the information providers behind it.

Are links with other reliable information sites provided? Reputable organizations almost always provide links with other similar sites because they want you to know of other experts in their area of knowledge. Caution is needed when you evaluate a site by its links, however. Anyone, even a quack, can link a webpage to a reputable site without the organization's permission. Doing so may give the quack's site the appearance of legitimacy, just the effect the quack is hoping for.

Is the site selling a product or service? Commercial sites may provide accurate information, but they also may not, and their profit motive increases the risk of bias.

Does the site charge a fee to gain access to it? Many academic and government sites offer the best information, usually for free. Some legitimate sites do charge fees, but before paying up, check the free sites. Chances are good you'll find what you are looking for without paying.

REFERENCES: Sorting the Imposters from the Real Nutrition Experts

LEARNING OBJECTIVES: NUCC.SIZR.17.1.8 - Evaluate the authenticity of nutrition information sources.

CTIVES:

KEYWORDS: Bloom's: Understand