

Unit 01
Food is More than Something to Eat

Multiple Choice Questions

1. Diet refers to a person's
- A. current nutrient intake.
 - B. negative risk factors.
 - C. weight loss efforts.
 - D.** usual pattern of food choices.

Blooms Level: 1. Remember
Learning Outcome: 1.01.01 Define all of the key terms in this module.
Module: 1.01 Why Learn about Nutrition?
Section: 1.02c Macronutrients and Micronutrients
Topic: Nutrition Basics

2. Which of the following conditions is a leading cause of death in the United States that's related to dietary practices?
- A. chronic lower respiratory infections
 - B.** cancer
 - C. influenza and pneumonia
 - D. anemia

Blooms Level: 1. Remember
Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases.
Module: 1.01 Why Learn about Nutrition?
Topic: Nutrition Basics

3. 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. type 1 diabetes.
- B. heart disease.**
- C. lung cancer.
- D. kidney failure.

Blooms Level: 1. Remember

Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases.

Module: 1.01 Why Learn about Nutrition?

Topic: Nutrition Basics

4. Which of the following nutrients is a source of energy?

- A. cholesterol
- B. protein**
- C. vitamin D
- D. iron

Blooms Level: 1. Remember

Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body.

Module: 1.02 Nutrition Basics

Section: 1.02b Food Energy

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

5. A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and 4 ounces of water. Based on this information, a serving of this food supplies

- A. 87 kcal.
- B. 97 kcal.
- C. 107 kcal.
- D. 117 kcal.**

Blooms Level: 3. Apply

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

Unit 01 - Food is More than Something to Eat

6. A serving of food contains 25 g carbohydrate, 10 g protein, 8 g fat, 5 mg vitamin iron, and 4 ounces of water. Based on this information, a serving of this food supplies

- A. 212 kcal.
- B. 246 kcal.
- C. 335 kcal.
- D. 456 kcal.

Blooms Level: 3. Apply

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

7. A serving of food contains 20 g carbohydrate, 6 g protein, 10 g fat, 5 mg vitamin C, and 3 ounces of water. Based on this information, a serving of this food supplies

- A. 87 kcal.
- B. 194 kcal.
- C. 107 kcal.
- D. 217 kcal.

Blooms Level: 3. Apply

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

8. Which of the following substances is a nutrient that doesn't supply any energy for the human body?

- A. carbohydrate
- B. fat
- C. alcohol
- D. vitamin C

Blooms Level: 1. Remember

Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

9. Which of the following substances is a nutrient that doesn't provide any energy for the human body?

- A. water
- B. protein
- C. carbohydrate
- D. alcohol

Blooms Level: 1. Remember

Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

10. Metabolism is

- A. a form of energy.
- B. the total of all chemical changes that occur in cells.
- C. a way of living.
- D. the rate at which cells produce energy.

Blooms Level: 1. Remember

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Module: 1.02 Nutrition Basics

Topic: Nutrition Basics

11. Which of the following substances is a phytochemical?

- A. iron
- B. caffeine
- C. cholesterol
- D. vitamin D

Blooms Level: 1. Remember

Gradable: automatic

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Learning Outcome: 1.02.04 Provide examples of essential nutrients, Non nutrients, phytochemicals, and dietary supplements.

Module: 1.02 Nutrition Basics

Section: 1.02e What's a Non nutrient?

Topic: Nutrition Basics

Unit 01 - Food is More than Something to Eat

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

- A. margarine
- B. tuna
- C. grapes
- D. hamburger

Blooms Level: 2. Understand

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Learning Outcome: 1.02.04 Provide examples of essential nutrients, Non nutrients, phytochemicals, and dietary supplements.

Module: 1.02 Nutrition Basics

Section: 1.02d What's an Essential Nutrient?

Topic: Nutrition Basics

13. Which of the following foods is a source of phytochemicals?

- A. fresh blueberries
- B. raw egg whites
- C. fat-free milk
- D. lean meat

Blooms Level: 2. Understand

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Learning Outcome: 1.02.04 Provide examples of essential nutrients, Non nutrients, phytochemicals, and dietary supplements.

Module: 1.02 Nutrition Basics

Section: 1.02d What's an Essential Nutrient?

Topic: Nutrition Basics

14. Which of the following behaviors is a risk factor for heart disease?

- A. smoking cigarettes
- B. having attention deficit hyperactivity disorder
- C. consuming excess vitamin C
- D. being taller than average

Blooms Level: 1. Remember

Learning Outcome: 1.01.01 Define all of the key terms in this module.

Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases.

Module: 1.01 Why Learn about Nutrition?

Topic: Nutrition Basics

15. According to numerous scientific studies, low levels of physical activity are associated with increased chances of developing excess body fat and type 2 diabetes. Based on this information, lack of physical activity is a

- A. risk factor.
- B. deficiency condition.
- C. critical determinant.
- D. cause of death.

Blooms Level: 2. Understand

Learning Outcome: 1.01.01 Define all of the key terms in this module.

Module: 1.01 Why Learn about Nutrition?

Topic: Nutrition Basics

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

- A. eating fatty food
- B. consuming alcohol
- C. exercising infrequently
- D. smoking cigarettes

Blooms Level: 1. Remember

Learning Outcome: 1.01.01 Define all of the key terms in this module.

Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases.

Module: 1.01 Why Learn about Nutrition?

Topic: Nutrition Basics

17. Which of the following nutrients provides energy for humans?

- A. carbohydrates
- B. vitamin A
- C. iron
- D. calcium

Blooms Level: 2. Understand

Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body.

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02b Food Energy

Topic: Nutrition Basics

18. The energy value of a raw peach is reported as a number of

- A. milligrams.
- B.** kilocalories.
- C. rads.
- D. thermals.

Blooms Level: 1. Remember

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Module: 1.02 Nutrition Basics

Section: 1.02b Food Energy

Topic: Nutrition Basics

19. A serving of food contains 2 g carbohydrate, 16 g protein, 6 g fat, 2 mcg vitamin B12, and 60 mg iron. Based on this information, how many kcal does a serving of this food provide?

- A. 96
- B. 116
- C.** 126
- D. 136

Blooms Level: 3. Apply

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

20. How many kilocalories are in a portion of food that contains 4 g protein, 10 g fat, 25 g carbohydrate, 130 mg vitamin C, and 120 ml water?

- A. 118
- B. 156
- C. 188
- D.** 206

Blooms Level: 3. Apply

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

21. Erika is making a recipe from foods that contain the following nutrients: 120 ml of water, 50 g of fat, 40 g of protein, 500 mg of vitamin C, 235 g of carbohydrate, and 600 mg of calcium. Approximately how many kilocalories does the entire product of this recipe provide?

- A. 580
- B. 930
- C. 1550
- D. 2020

Blooms Level: 3. Apply

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

22. A serving of food supplies 25 g carbohydrate, 15 g fat, 18 g protein, and 100 g water. Which of the following statements is true about a serving of the food?

- A. Fat provides the most food energy.
- B. Carbohydrate provides the most food energy.
- C. Water provides the most food energy.
- D. Protein provides about 50% of total calories.

Blooms Level: 4. Analysis

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

23. 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. Fat provides the most food energy.
- B. Vitamin E provides the most food energy.
- C. Carbohydrate provides the most food energy.
- D. Fat provides about 75% of total calories.

Blooms Level: 4. Analysis

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

Unit 01 - Food is More than Something to Eat

24. A serving of food supplies 15 g carbohydrate, 15 g protein, 400 ml water, 25 mg vitamin C, and 4 g fat. According to this information, how many kilocalories are in a serving of this food?

- A. 126
- B. 136
- C. 146
- D. 156**

Blooms Level: 3. Apply

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

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

- A. olive oil
- B. French fries
- C. grape drink
- D. fat-free milk**

Blooms Level: 3. Apply

Learning Outcome: 1.03.01 Define all of the key terms in this module.

Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or empty-calorie foods.

Module: 1.03 Key Nutrition Concepts

Section: 1.03a There Are No "Good" or "Bad" Foods

Topic: Nutrition Basics

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

- A. cheese nachos
- B. oatmeal cookie
- C. whole-grain cereal**
- D. soft margarine

Blooms Level: 3. Apply

Learning Outcome: 1.03.01 Define all of the key terms in this module.

Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or empty-calorie foods.

Module: 1.03 Key Nutrition Concepts

Section: 1.03a There Are No "Good" or "Bad" Foods

Topic: Nutrition Basics

27. Which of the following substances is a nutrient that provides energy for humans?

- A. alcohol
- B. fat**
- C. caffeine
- D. vitamin D

Blooms Level: 2. Understand

Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body.

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

28. Which of the following nutrients is a micronutrient?

- A. fat
- B. iron**
- C. water
- D. protein

Blooms Level: 1. Remember

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

29. Which of the following statements is true?

- A. Most foods contain more than one nutrient.**
- B. Strawberries are an energy-dense food.
- C. Milk, bananas, and soybeans are among the few nutritionally perfect foods for humans.
- D. Nutrition experts classify sugary foods as "junk" foods.

Blooms Level: 1. Remember

Learning Outcome: 1.03.01 Define all of the key terms in this module.

Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or empty-calorie foods.

Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients.

Module: 1.03 Key Nutrition Concepts

Section: 1.03a There Are No "Good" or "Bad" Foods

Section: 1.03b Variety, Moderation, and Balance Are Features of Healthy Diets

Topic: Nutrition Basics

30. Which of the following foods is the most energy dense per serving?

- A. ½ cup fresh strawberries
- B. 4-ounce chocolate doughnut**
- C. 4 ounces fat-free milk
- D. 4 ounces orange juice

Blooms Level: 2. Understand

Learning Outcome: 1.03.01 Define all of the key terms in this module.

Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or empty-calorie foods.

Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients.

Module: 1.03 Key Nutrition Concepts

Section: 1.03a There Are No "Good" or "Bad" Foods

Topic: Nutrition Basics

31. Which of the following statements is true?

- A. Dietitians generally classify foods as either "good" or "junk."
- B. High doses of vitamins and minerals help prevent many serious chronic diseases.
- C. A diet that has variety contains many different kinds of nutritious foods.**
- D. Walnuts are an empty-calorie food.

Blooms Level: 2. Understand

Learning Outcome: 1.03.01 Define all of the key terms in this module.

Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or empty-calorie foods.

Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients.

Module: 1.03 Key Nutrition Concepts

Section: 1.03a There Are No "Good" or "Bad" Foods

Section: 1.03b Variety, Moderation, and Balance Are Features of Healthy Diets

Section: 1.03c Food Is the Best Source of Nutrients and Phytochemicals

Section: 1.03e Foods and Nutrients Aren't Cure-Alls

Topic: Nutrition Basics

32. An essential nutrient

- A. performs a vital function in your body.
- B. is only in foods from animal sources.
- C. must be supplied by your diet.**
- D. is made by your body.

Blooms Level: 1. Remember

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Learning Outcome: 1.02.04 Provide examples of essential nutrients, Non nutrients, phytochemicals, and dietary supplements.

Module: 1.02 Nutrition Basics

Section: 1.02d What's an Essential Nutrient?

Topic: Nutrition Basics

33. Which of the following nutrients is the most essential for life?

- A. water
- B. protein
- C. calcium
- D. vitamin C

Blooms Level: 1. Remember

Learning Outcome: 1.02.04 Provide examples of essential nutrients, Non nutrients, phytochemicals, and dietary supplements.

Module: 1.02 Nutrition Basics

Section: 1.02d What's an Essential Nutrient?

Topic: Nutrition Basics

34. A 6-ounce serving of a beverage contains 450 ml water, 20 g sugar and 5 g alcohol. How many kcal does this beverage supply?

- A. 95
- B. 115
- C. 125
- D. 180

Blooms Level: 3. Apply

Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents.

Module: 1.02 Nutrition Basics

Section: 1.02c Macronutrients and Micronutrients

Topic: Nutrition Basics

35. Which of the following groups of Americans is most at risk of undernutrition?

- A. alcoholics
- B. children
- C. pregnant women
- D. teenage boys

Blooms Level: 1. Remember

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Module: 1.02 Nutrition Basics

Section: 1.02g What's Malnutrition?

Topic: Malnutrition

36. Which of the following menu items is referred to as an "empty-calorie" food?

- A. sugar-sweetened soft drinks
- B. 100% fruit juices
- C. fat-free dairy products
- D. whole-grain breads

Blooms Level: 2. Understand

Learning Outcome: 1.03.01 Define all of the key terms in this module.

Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or empty-calorie foods.

Module: 1.03 Key Nutrition Concepts

Section: 1.03a There Are No "Good" or "Bad" Foods

Topic: Nutrition Basics

37. Which of the following foods is energy dense?

- A. fresh strawberries
- B. potato chips
- C. orange juice
- D. leaf lettuce

Blooms Level: 2. Understand

Learning Outcome: 1.03.01 Define all of the key terms in this module.

Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or empty-calorie foods.

Module: 1.02 Nutrition Basics

Section: 1.03a There Are No "Good" or "Bad" Foods

Topic: Nutrition Basics

38. A chemist would like to develop a functional food that includes a phytochemical, which may reduce the risk of heart disease and certain cancers. Based on this information, which substance is the chemist most likely to use?

- A. caffeine
- B. quercetin
- C. capsaicin
- D. vitamin D

Blooms Level: 3. Apply

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Learning Outcome: 1.02.04 Provide examples of essential nutrients, Non nutrients, phytochemicals, and dietary supplements.

Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients.

Module: 1.02 Nutrition Basics

Section: 1.03e Foods and Nutrients Aren't Cure-Alls

Topic: Nutrition Basics

39. 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. When large amounts of the chemical are consumed, no health problems occur.
- B. The chemical has a very limited range of safe intake.
- C. The chemical is in grapes, cherries, and tomatoes.
- D.** When a person's diet lacks the chemical, his or her body experiences abnormal functioning.

Blooms Level: 3. Apply

Learning Outcome: 1.02.01 Define all of the key terms in this module.

Learning Outcome: 1.02.04 Provide examples of essential nutrients, Non nutrients, phytochemicals, and dietary supplements.

Module: 1.02 Nutrition Basics

Section: 1.02d What's an Essential Nutrient?

Topic: Nutrition Basics

40. Which of the following statements is true?

- A. To achieve optimal health, you should individualize your diet to match your blood type, eye color, and other physical characteristics.
- B.** Nutritional needs of healthy people vary during different life stages, such as infancy and pregnancy.
- C. Regardless of their ages and physical conditions, people don't need to take dietary supplements that include vitamins and minerals.
- D. By taking dietary supplements that provide nutrients and phytochemicals, people can maintain good health without eating foods.

Blooms Level: 2. Understand

Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients.

Module: 1.03 Key Nutrition Concepts

Section: 1.03d There's No "One Size Fits All" Approach to Good Nutrition

Topic: Nutrition Basics