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/test-bank-nutrition-essentials-a-personal-approach-2e-schiff

Unit 01 - Test Bank

1. Diet refers to a person's

A. weight loss efforts.
B. current nutrient intake.
C. usual pattern of food choices.
D. negative risk factors.

2. Which of the following conditions is a leading cause of death in the United States that's related to dietary practices?

A. Anemia
B. Influenza and pneumonia
C. Cancer
D. Chronic lower respiratory infections

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

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

A. Protein
B. Iron
C. Vitamin D
D. Cholesterol

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 _____ kcal.

A. 107
B. 97
C. 87
D. 117

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 ___kcal.

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

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 _____ kcal.

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

8. A serving of food contains 24 g carbohydrate, 10 g protein, 3 ounces of water, 6 g fat, 25 mg vitamin B-12, and 1.8 mg iron. Based on this information, a serving of this food supplies _____ kcal.

A. 190
B. 390
C. 290
D. 90

9. A serving of food contains 36 g carbohydrate, 4 g protein, 4 ounces of water, 10 g fat, 25 mg vitamin B-6, 1.2 mg zinc, and 1.8 mg iron. Based on this information, a serving of this food supplies _____ kcal.

A. 250
B. 350
C. 50
D. 150

10. A serving of food contains 15 g carbohydrate, 2 g protein, 4 ounces of water, 5 g fat, 25 mcg vitamin A, 2.5 mg niacin, and 0.8 mg iron. Based on this information, a serving of this food supplies _____ kcal.

A. 113
B. 226
C. 8
D. 339

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

A. Alcohol
B. Fat
C. Carbohydrate
D. Vitamin C

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

A. Alcohol
B. Water
C. Carbohydrate
D. Protein

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

A. Glucose
B. Alcohol
C. Iron
D. Protein

14. Metabolism is

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

15. Yamiche is a biochemist with a company that manufacturers substances that can be added to foods to improve their flavor. She's discovered a chemical that she called "Agent X" in beet juice. Agent X prevents human cell membranes from being damaged by highly unstable substances that are in the environment. Based on this information, Agent X is a(an) _____.

A. supplement
B. risk factor
C. free radical
D. antioxidant

16. Which of the following substances is a phytochemical?

A. Vitamin D
B. Iron
C. Caffeine
D. Cholesterol

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

A. Grapes
B. Hamburger
C. Margarine
D. Tuna

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

A. Raw egg whites
B. Fat-free milk
C. Lean meat
D. Fresh blueberries

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

A. Being taller than average
B. Smoking cigarettes
C. Having attention deficit hyperactivity disorder
D. Consuming excess vitamin C

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

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

A. Exercising infrequently
B. Smoking cigarettes
C. Consuming too much added sugar
D. Eating fatty food

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

A. Iron
B. Calcium
C. Proteins
D. Vitamin A

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

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

24. 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. 126
B. 136
C. 116
D. 96

25. 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. 206
B. 156
C. 188
D. 118

26. 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. 1550
C. 2020
D. 930

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

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

29. 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. 146
C. 136
D. 156

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

A. French fries
B. Olive oil
C. Fat-free milk
D. Grape drink

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

A. Cheese nachos
B. Soft margarine
C. Whole-grain bread
D. Oatmeal cookie

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

A. Fat
B. Caffeine
C. Vitamin D
D. Alcohol

33. Which of the following nutrients is a micronutrient?

A. Protein
B. Fat
C. Iron
D. Water

34. Which of the following statements is true?

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

35. Which of the following foods is the most energy dense per four-ounce serving?

A. Fat-free milk
B. Orange juice
C. Fresh strawberries
D. Chocolate cupcake

36. Which of the following statements is true?

A. Registered dietitians generally classify foods as either "good" or "junk."
B. Walnuts are a rich source of empty calories.
C. High doses of vitamins and minerals help prevent many serious chronic diseases.
D. A diet that has variety contains many different kinds of nutritious foods.

37. An essential nutrient

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

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

A. Calcium
B. Water
C. Protein
D. Vitamin D

39. Phyllis is a food scientist who works for a company that manufactures medical products. She wants to prepare a formula diet for people who cannot eat "regular foods." Her formula for a day's supply of the product contains 300 g glucose, 30 g fiber, 200 g fat, 70 g protein, and all essential vitamins and minerals. The Food and Drug Administration didn't approve this product for sale. Why?

A. The product needs flavoring additives.
B. The product doesn't contain water.
C. The product was found to contain too much alcohol.
D. The product needs more fiber.

40. 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. 125
B. 115
C. 180
D. 95

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

A. Teenage boys
B. School-age children
C. Pregnant women
D. Alcoholics

42. Jerome has a disease that reduces his body's ability to absorb nutrients. As a result of this disease, Jerome has _____.

A. undernutrition
B. malabsorption syndrome
C. free radical toxicity
D. eating disorders

43. Which of the following menu items contains a lot of empty calories?

A. Whole-grain breads
B. Sugar-sweetened soft drinks
C. 100% Fruit juices
D. Fat-free dairy products

44. Which of the following foods is energy dense?

A. Potato chips
B. Fresh strawberries
C. Leaf lettuce
D. Orange juice

45. 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. Quercetin
B. Capsaicin
C. Caffeine
D. Vitamin D

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

47. 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.

Unit 01 - Test Bank Key

1. Diet refers to a person's

A.
B.
C. usual pattern of food choices.
D.

Accessibility: Keyboard Navigation
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?
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.
B.
C. Cancer
D.

Accessibility: Keyboard Navigation
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: Public health and nutrition

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. heart disease.
B.
C.
D.

Accessibility: Keyboard Navigation
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: Public health and nutrition

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

A. Protein
B.
C.
D.

Accessibility: Keyboard Navigation
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 _____ kcal.

A.
B.
C.
D. 117

Accessibility: Keyboard Navigation
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 computations

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 ___kcal.

A. 212
B.
C.
D.

Accessibility: Keyboard Navigation
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 computations

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 _____ kcal.

A.
B.
C. 194
D.

Accessibility: Keyboard Navigation
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 computations

8. A serving of food contains 24 g carbohydrate, 10 g protein, 3 ounces of water, 6 g fat, 25 mg vitamin B-12, and 1.8 mg iron. Based on this information, a serving of this food supplies _____ kcal.

A. 190
B.
C.
D.

Accessibility: Keyboard Navigation
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 computations

9. A serving of food contains 36 g carbohydrate, 4 g protein, 4 ounces of water, 10 g fat, 25 mg vitamin B-6, 1.2 mg zinc, and 1.8 mg iron. Based on this information, a serving of this food supplies _____ kcal.

A. 250
B.
C.
D.

Accessibility: Keyboard Navigation
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 computations

10. A serving of food contains 15 g carbohydrate, 2 g protein, 4 ounces of water, 5 g fat, 25 mcg vitamin A, 2.5 mg niacin, and 0.8 mg iron. Based on this information, a serving of this food supplies _____ kcal.

A. 113
B.
C.
D.

Accessibility: Keyboard Navigation
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 computations

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

A.
B.
C.
D. Vitamin C

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
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
Section: 1.02c Macronutrients and Micronutrients
Topic: Nutrition basics

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

A.
B. Water
C.
D.

Accessibility: Keyboard Navigation
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

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

A.
B.
C. Iron
D.

Accessibility: Keyboard Navigation
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
Section: 1.02d What's an Essential Nutrient?
Table: 1.03
Topic: Nutrition basics

14. Metabolism is

A. the total of all chemical changes that occur in cells.
B.
C.
D.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 1.02.01 Define all of the key terms in this module.
Module: 1.02 Nutrition Basics
Section: 1.02a Nutrients and Their Major Functions
Topic: Nutrition basics

15. Yamiche is a biochemist with a company that manufacturers substances that can be added to foods to improve their flavor. She's discovered a chemical that she called "Agent X" in beet juice. Agent X prevents human cell membranes from being damaged by highly unstable substances that are in the environment. Based on this information, Agent X is a(an) _____.

A.
B.
C.
D. antioxidant

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 1.02.01 Define all of the key terms in this module.
Learning Outcome: 1.02.05 Explain the importance of supplying the body with antioxidants.
Module: 1.02 Nutrition Basics
Section: 1.02e What's a Nonnutrient?
Topic: Nutrition basics
Topic: Phytochemicals

16. Which of the following substances is a phytochemical?

A.
B.
C. Caffeine
D.

Accessibility: Keyboard Navigation
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, nonnutrients, phytochemicals, and dietary supplements.
Module: 1.02 Nutrition Basics
Section: 1.02e What's a Nonnutrient?
Topic: Phytochemicals

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

A. Grapes
B.
C.
D.

Accessibility: Keyboard Navigation
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, nonnutrients, phytochemicals, and dietary supplements.
Module: 1.02 Nutrition Basics
Section: 1.02d What's an Essential Nutrient?
Topic: Phytochemicals

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

A.
B.
C.
D. Fresh blueberries

Accessibility: Keyboard Navigation
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, nonnutrients, phytochemicals, and dietary supplements.
Module: 1.02 Nutrition Basics
Section: 1.02e What's a Nonnutrient?
Topic: Phytochemicals

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

A.
B. Smoking cigarettes
C.
D.

Accessibility: Keyboard Navigation
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: Public health and nutrition

20. 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.
B.
C.
D. risk factor.

Accessibility: Keyboard Navigation
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: Public health and nutrition

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

A.
B. Smoking cigarettes
C.
D.

Accessibility: Keyboard Navigation
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: Public health and nutrition

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

A.
B.
C. Proteins
D.

Accessibility: Keyboard Navigation
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

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

A.
B.
C. kilocalories.
D.

Accessibility: Keyboard Navigation
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

24. 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. 126
B.
C.
D.

Accessibility: Keyboard Navigation
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 computations

25. 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. 206
B.
C.
D.

Accessibility: Keyboard Navigation
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 computations

26. 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.
B. 1550
C.
D.

Accessibility: Keyboard Navigation
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 computations

27. 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.
B. Fat provides the most food energy.
C.
D.

Accessibility: Keyboard Navigation
Blooms Level: 4. Analyze
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: Nutrient functions

28. 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.
B.
C. Carbohydrate provides the most food energy.
D.

Accessibility: Keyboard Navigation
Blooms Level: 4. Analyze
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: Nutrient functions

29. 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.
B.
C.
D. 156

Accessibility: Keyboard Navigation
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 computations

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

A.
B.
C. Fat-free milk
D.

Accessibility: Keyboard Navigation
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 high in empty calories.
Module: 1.03 Key Nutrition Concepts
Section: 1.03a There Are No "Good" or "Bad" Foods
Topic: Nutrition basics

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

A.
B.
C. Whole-grain bread
D.

Accessibility: Keyboard Navigation
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 high in empty calories.
Module: 1.03 Key Nutrition Concepts
Section: 1.03a There Are No "Good" or "Bad" Foods
Topic: Nutrition basics

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

A. Fat
B.
C.
D.

Accessibility: Keyboard Navigation

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

33. Which of the following nutrients is a micronutrient?

A.
B.
C. Iron
D.

Accessibility: Keyboard Navigation
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

34. Which of the following statements is true?

A.
B.
C. Most foods contain more than one nutrient.
D.

Accessibility: Keyboard Navigation
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 high in empty calories.
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

35. Which of the following foods is the most energy dense per four-ounce serving?

A.
B.
C.
D. Chocolate cupcake

Accessibility: Keyboard Navigation
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 high in empty calories.
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

36. Which of the following statements is true?

A.
B.
C.
D. A diet that has variety contains many different kinds of nutritious foods.

Accessibility: Keyboard Navigation
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 high in empty calories.
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

37. An essential nutrient

A.
B.
C. must be supplied by your diet.
D.

Accessibility: Keyboard Navigation
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, nonnutrients, phytochemicals, and dietary supplements.
Module: 1.02 Nutrition Basics
Section: 1.02d What's an Essential Nutrient?
Topic: Nutrition basics

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

A.
B. Water
C.
D.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements.
Module: 1.02 Nutrition Basics
Section: 1.02d What's an Essential Nutrient?
Topic: Nutrition basics

39. Phyllis is a food scientist who works for a company that manufactures medical products. She wants to prepare a formula diet for people who cannot eat "regular foods." Her formula for a day's supply of the product contains 300 g glucose, 30 g fiber, 200 g fat, 70 g protein, and all essential vitamins and minerals. The Food and Drug Administration didn't approve this product for sale. Why?

A.
B. The product doesn't contain water.
C.
D.

Accessibility: Keyboard Navigation
Blooms Level: 4. Analyze
Blooms Level: 5. Evaluate
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: 1.02d What's an Essential Nutrient?
Topic: Nutrition basics

40. 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.
B. 115
C.
D.

Accessibility: Keyboard Navigation
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 computations

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

A.
B.
C.
D. Alcoholics

Accessibility: Keyboard Navigation
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: Demographic trends and statistics

42. Jerome has a disease that reduces his body's ability to absorb nutrients. As a result of this disease, Jerome has _____.

A. undernutrition
B.
C.
D.

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
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: Nutrition basics

43. Which of the following menu items contains a lot of empty calories?

A.
B. Sugar-sweetened soft drinks
C.
D.

Accessibility: Keyboard Navigation
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 high in empty calories.
Module: 1.03 Key Nutrition Concepts
Section: 1.03a There Are No "Good" or "Bad" Foods
Topic: Food sources

44. Which of the following foods is energy dense?

A. Potato chips
B.
C.
D.

Accessibility: Keyboard Navigation
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 high in empty calories.
Module: 1.02 Nutrition Basics
Section: 1.03a There Are No "Good" or "Bad" Foods
Topic: Food sources

45. 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. Quercetin
B.
C.
D.

Accessibility: Keyboard Navigation
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, nonnutrients, 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
Module: 1.03 Key Nutrition Concepts
Section: 1.02e What's a Nonnutrient?
Section: 1.03e Foods and Nutrients Aren't Cure-Alls
Topic: Phytochemicals

46. 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.
B.
C. When a person's diet lacks the chemical, his or her body experiences abnormal functioning.
D.

Accessibility: Keyboard Navigation
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, nonnutrients, phytochemicals, and dietary supplements.
Module: 1.02 Nutrition Basics
Section: 1.02d What's an Essential Nutrient?
Topic: Nutrition basics

47. Which of the following statements is true?

A.
B. Nutritional needs of healthy people vary during different life stages, such as infancy and pregnancy.
C.
D.

Accessibility: Keyboard Navigation
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.

Unit 01 - Test Bank Summary