

Unit 1--Key Nutrition Concepts and Terms copy

Student: _____

1. Malnutrition refers to poor nutrition resulting from under or over consumption of nutrients.

True False
2. Vitamins provide calories to the body and minerals do not.

True False
3. Essential nutrients must be made by the body and cannot be provided through the diet.

True False
4. Broccoli is an example of a super food which contains all the essential nutrients.

True False
5. When a deficiency exists for one nutrient, it is not likely that other nutrient levels will be affected.

True False
6. Food security exists when the need for food is coupled with access to it.

True False
7. The best time to correct a deficiency or toxicity disease is after physical symptoms have developed.

True False
8. Energy-dense diets are related to the development of obesity and diabetes.

True False
9. Healthy diets cannot include energy-dense foods such as ice cream and donuts.

True False

10. An empty-calorie food provides few calories and high amounts of nutrients.
- True False
11. It is possible to have a diet including only healthy foods and fail to consume some nutrient required by the body.
- True False
12. Calories are not a nutrient found in food; rather, they are the potential energy supplied by food.
- True False

13.

Matching B: Match the term with its definition.

	chemic al substance s that prevent or repair damage to cells caused by exposure to	
1. phytoch emicals	oxidizing agents a unit of measure of the amount of energy supplied by food	_____
2. chronic diseases	slow- developin g, long- lasting diseases that are not contagiou s and which can be treated but not always cured	_____
3. metabol ism	foods that provide an excess of energy in relation to nutrients	_____
4. food security	foods that provide a relatively high calorie value per	_____
5. nutrient -dense foods		_____

	unit weight of food substances required for normal growth and health that the body cannot generally produce, or produce in sufficient amounts and need to be obtained through the diet	_____
6. essential nutrients	limited or uncertain availability of safe, nutritious foods or the ability to acquire them in a socially acceptable way	_____
7. nutrition	access at all times to a sufficient supply of safe, nutritious foods	_____
8. food insecurity	poor nutrition resulting from an excess or lack of calories or nutrients	_____
9. empty- calorie foods		_____

10. antioxidants	the chemical changes that take place in the body substances required for normal growth and health that the body can manufacture in sufficient quantities from other components of the diet chemical substances in food used by the body to sustain growth and health foods that contain relatively high amounts of nutrients compared to their calorie value the study of foods, their nutrients and other chemical constituents	_____
11. energy-dense foods		_____
12. nonessential nutrients		_____
13. nutrients		_____
14. malnutrition		_____

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15. calorie _____

14.

What does RDA stand for?

- A.
- B.
- C.
- D.

15.

RDA guidelines are standardized according to the following categories:

- A.
- B.
- C.
- D.
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The DRIs were established to reflect the nutrient needs of _____, promote health, and reduce the risk of chronic disease.

- A.
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17. Which of the following diseases can lead to malnutrition?
- A.
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18. Which of the following statements about essential nutrients is true?
- A.
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19. The human adaptive mechanism is best described as:
- A.
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20. Those at greatest risk of becoming inadequately nourished include:
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- A.
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35. The amounts of specific nutrients needed by humans varies depending on which of the following factors?
- A.
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- A.
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Case Study 1-1

During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.

As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.

Refer to Case Study 1-1. What is the likely cause of Rhonda's struggle with recurrent illness and chronic fatigue?

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- B.
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Refer to Case Study 1-1. During her freshman year of college Rhonda experienced weight gain despite her attempt to maintain her weight with calorie restrictions. What nutrition concept best explains the reason for her weight gain?

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Refer to Case Study 1-1. Which of the following nutrition concepts best explains the relationship between Rhonda's diet and her recurrent bouts of illness and chronic fatigue?

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During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.

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Refer to Case Study 1-1. What should Rhonda strive to do during her sophomore year to help improve her nutrition and health?

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Refer to Case Study 1-1. In general what type of a diet should Rhonda follow to lose the weight gained during her freshman year?

- A.
- B.
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Unit 1--Key Nutrition Concepts and Terms copy **Key**

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TRUE
2. Vitamins provide calories to the body and minerals do not.
FALSE
3. Essential nutrients must be made by the body and cannot be provided through the diet.
FALSE
4. Broccoli is an example of a super food which contains all the essential nutrients.
FALSE
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1. phytochemicals	oxidizing agents a unit of measure of the amount of energy supplied by food	<u>10</u>
2. chronic diseases	slow-developing, long-lasting diseases that are not contagious and which can be treated but not always cured	<u>15</u>
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	unit weight of food substances required for normal growth and health that the body cannot generally produce, or produce in sufficient amounts and need to be obtained through the diet limited or uncertain availability of safe, nutritious foods or the ability to acquire them in a socially acceptable way access at all times to a sufficient supply of safe, nutritious foods poor nutrition resulting from an excess or lack of calories or nutrients	<u>6</u> <u>8</u> <u>4</u> <u>14</u>
6. essential nutrients		
7. nutrition		
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10. antioxi dants	the chemical changes that take place in the body substa nces required for normal growth and health that the body can manufactu re in sufficient quantities from other	<u>3</u>
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- D.

Case Study 1-1

During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.

As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.

Refer to Case Study 1-1. What should Rhonda strive to do during her sophomore year to help improve her nutrition and health?

A.

B.

C.

D.

Case Study 1-1

During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.

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Refer to Case Study 1-1. In general what type of a diet should Rhonda follow to lose the weight gained during her freshman year?

- A.
- B.
- C.**
- D.