

Unit 01 - Key Nutrition Concepts and Terms

True / False

1. Food science is the study of foods, their nutrients and other chemical constituents, and the effects that foods and food constituents have on health.

- a. True
- b. False

ANSWER: False

REFERENCES: The Meaning of Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.1 - Explain the scope of nutrition as an area of study.

KEYWORDS: Bloom's: Remember

2. Nutrition is an interdisciplinary science that includes biological, chemical, physical, and food sciences, as well as mathematics and statistics.

- a. True
- b. False

ANSWER: True

REFERENCES: The Meaning of Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.1 - Explain the scope of nutrition as an area of study.

KEYWORDS: Bloom's: Remember

3. Many children living in food-insecure households may be adequately nourished; however, as a group, they are at higher risk of poor school performance as well as social and behavioral problems.

- a. True
- b. False

ANSWER: True

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

4. Broccoli is an example of an energy-dense food.

- a. True
- b. False

ANSWER: False

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

5. Inadequate diets generally produce a spectrum of signs and symptoms related to multiple nutrient deficiencies.

- a. True
- b. False

ANSWER: True

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

6. Food security is access at all times to a sufficient supply of safe, nutritious foods.

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- a. True
- b. False

ANSWER: True

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

7. The best time to correct deficiency and toxicity diseases is immediately after tissue stores are adversely affected.

- a. True
- b. False

ANSWER: False

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

8. Intake of energy-dense diets is related to the development of overweight and diabetes.

- a. True
- b. False

ANSWER: True

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

9. Essential nutrients can be manufactured by the body from components of food and are not required in the diet.

- a. True
- b. False

ANSWER: False

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

10. Empty-calorie foods provide few calories and high amounts of nutrients.

- a. True
- b. False

ANSWER: False

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

11. DRIs is the general term used for nutrient intake standards for healthy people.

- a. True
- b. False

ANSWER: True

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

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KEYWORDS: Bloom's: Remember

12. Calories are a unit of measure, and they do not qualify as a nutrient.

- a. True
- b. False

ANSWER: True

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

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Multiple Choice

13. Nutrition is best described as the study of ____.

- a. stress and its effects on health
- b. foods and health
- c. the medicinal properties of food
- d. food safety and disease prevention
- e. the chemical makeup of food

ANSWER: b

REFERENCES: The Meaning of Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.1 - Explain the scope of nutrition as an area of study.

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14. The recommended levels of nutrient intake provided by the RDAs are based on age, gender, and ____.

- a. weight
- b. height
- c. medication use
- d. exposure to environmental contaminants
- e. condition (pregnant or breastfeeding)

ANSWER: e

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

15. The current RDAs referenced in the DRIs reflect nutrient intake levels that protect ____ from developing deficiency disease and that also reduce the risk of common chronic diseases.

- a. almost all healthy individuals
- b. patients recovering from surgery
- c. individuals on strict weight-loss diets
- d. individuals with chronic health problems
- e. individuals over the age of 25

ANSWER: a

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

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16. An example of malnutrition is _____.

- a. rheumatoid arthritis
- b. migraine headaches
- c. scurvy
- d. asthma
- e. lupus

ANSWER: c

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

17. Essential nutrients _____.

- a. must be obtained in the diet
- b. should be consumed in excessive amounts to promote optimal health
- c. are generally manufactured by the body
- d. are less important than nonessential nutrients
- e. do not need to be obtained in the diet

ANSWER: a

REFERENCES: Foundation Knowledge for Thinking about Nutrition

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18. The body can protect itself from excessively high levels of vitamin _____ intake from supplements by excreting the excess in the urine.

- a. A
- b. C
- c. D
- d. E
- e. K

ANSWER: b

REFERENCES: Foundation Knowledge for Thinking about Nutrition

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KEYWORDS: Bloom's: Remember

19. Those at higher risk of becoming inadequately nourished include _____.

- a. pregnant and breastfeeding women
- b. women and men between the ages of 65 and 80
- c. athletes and individuals who exercise regularly
- d. teenage boys and young adult men
- e. teenage girls and young adult women

ANSWER: a

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20. An example of a nonessential nutrient is _____.

- a. calcium
- b. cholesterol
- c. iron
- d. fats
- e. sodium

ANSWER: a

REFERENCES: Foundation Knowledge for Thinking about Nutrition

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21. An example of an essential nutrient is _____.

- a. creatine
- b. fiber
- c. cholesterol
- d. folate
- e. glucose

ANSWER: d

REFERENCES: Foundation Knowledge for Thinking about Nutrition

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KEYWORDS: Bloom's: Remember

22. Which phytochemical helps make tomatoes red and acts as an antioxidant?

- a. anthocyanins
- b. beta-carotene
- c. kaempferol
- d. ellagic acid
- e. lycopene

ANSWER: e

REFERENCES: Foundation Knowledge for Thinking about Nutrition

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KEYWORDS: Bloom's: Remember

23. Various types of sulfur-containing phytochemicals present in vegetables such as _____ help prevent a number of different types of cancer in people with specific gene types.

- a. potatoes
- b. carrots
- c. onions
- d. cauliflower
- e. corn

ANSWER: d

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24. What is the national health goal rate of food insecurity in the United States?

- a. 2%
- b. 6%
- c. 9%
- d. 12%
- e. 14%

ANSWER:

b

REFERENCES:

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KEYWORDS:

Bloom's: Remember

25. Which substance gives blueberries their blue color?

- a. beta-carotene
- b. iron
- c. anthocyanins
- d. vitamin C
- e. lycopene

ANSWER:

c

REFERENCES:

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KEYWORDS:

Bloom's: Remember

26. The primary endpoint used to estimate the carbohydrate RDA is the amount ____.

- a. that maximizes its function in protecting cells from damage
- b. that corresponds to optimal functioning of the thyroid gland
- c. that maintains normal red blood cell levels
- d. shown to provide the greatest protection against heart disease
- e. needed to supply optimal levels of energy to the brain

ANSWER:

e

REFERENCES:

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Bloom's: Remember

27. The equivalent of one ounce is ____ tablespoons (liquid).

- a. 1.5
- b. 2.0
- c. 2.5
- d. 3.0
- e. 3.5

ANSWER:

b

REFERENCES:

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28. Which nutrient is a source of fuel for the body?

- a. vitamins
- b. minerals
- c. proteins
- d. fiber
- e. water

ANSWER: c

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

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29. Which sequence of events correctly describes the development of a nutrient deficiency?

- a. tissue stores of the nutrient are depleted; blood levels of the nutrient decrease; physical signs and symptoms; long-term impairment of health
- b. physical signs and symptoms; tissue stores of the nutrient are depleted; impaired cellular functions; long-term impairment of health
- c. long-term impairment of health; physical signs and symptoms; tissue stores of the nutrient are depleted; blood levels of the nutrient decrease
- d. decreased nutrient availability to cells; long-term impairment of health; physical signs and symptoms; tissue stores of the nutrient are depleted
- e. impaired cellular functions; blood levels of the nutrient decrease; tissue stores of the nutrient are depleted; physical signs and symptoms

ANSWER: a

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

30. Which food is considered a nutrient-dense food?

- a. sausage
- b. eggs
- c. full-fat dairy products
- d. yogurt
- e. biscuits

ANSWER: d

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

31. The quantities, proportions, variety, or combination of different foods, drinks, and nutrients in diets, and the frequency with which they are habitually consumed is a(n) ____.

- a. food system
- b. healthy choice pattern
- c. dietary pattern
- d. eating plan
- e. intake guidance system

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ANSWER: c
REFERENCES: Foundation Knowledge for Thinking about Nutrition
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KEYWORDS: Bloom's: Remember

32. Which food is the best example of an energy-dense food?

- a. low-fat soy milk
- b. eggs
- c. collards
- d. banana
- e. bread

ANSWER: b
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
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33. Proteins are made up of “building blocks” called _____.

- a. starches
- b. fatty acids
- c. amino acids
- d. cholesterol
- e. fiber

ANSWER: c
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

34. Chronic diseases _____.

- a. are contagious
- b. can always be cured
- c. usually develop quickly
- d. include hypertension and cancer
- e. are not influenced by diet

ANSWER: d
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

35. Low-calcium diets and poor vitamin D status are related to the development of _____.

- a. hyperlipidemia
- b. osteoporosis
- c. hyperglycemia
- d. tooth decay
- e. asthma

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ANSWER: b
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

36. Which group is being increasingly recognized as a risk group for food insecurity?

- a. homeless individuals
- b. military families
- c. disabled individuals
- d. adults with chronic diseases
- e. college students

ANSWER: e
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

37. DRIs are referred to as _____.

- a. Dietary Reference Intakes
- b. Daily Required Intakes
- c. Daily Recommended Intakes
- d. Dietary Recommended Ingestion
- e. Dietary Reference Ingestion

ANSWER: a
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

38. The DRIs are _____.

- a. based on less conclusive scientific information than are the RDAs
- b. used to assess adequacy of intakes of population groups
- c. used to reduce the risk of acute illnesses
- d. the general term used for nutrient intake standards for healthy people
- e. "tentative" RDAs

ANSWER: d
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
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39. EARs are defined as _____.

- a. the desired level of nutrient intake that meets the needs of nearly all healthy individuals
- b. an estimate of the safe upper limit of a nutrient
- c. tentative RDAs based on less conclusive evidence than the RDAs
- d. the nutrient intake values that are estimated to meet the requirements of half the healthy individuals in a group
- e. an estimate of the safe lower limit of a nutrient

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ANSWER: d
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

40. AIs _____.
a. were established for a few nutrients for which too few reliable scientific studies have been done to establish an RDA
b. were established for nutrients that are less important for growth and health than other nutrients
c. were established for nutrients that are needed in very small amounts in the diet
d. are recommended intakes for nutrients for which there are no ULs
e. are recommended intakes for those with chronic diseases

ANSWER: a
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

41. Severe zinc deficiency _____.
a. causes disturbances in sense of smell
b. reduces appetite
c. is related to stunted growth
d. is associated with a decline in the body's ability to fight infections
e. is associated with vomiting

ANSWER: c
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

42. Which nutrient is required for protein synthesis within cells?

- a. potassium
- b. vitamin C
- c. calcium
- d. niacin
- e. folate

ANSWER: e
REFERENCES: Foundation Knowledge for Thinking about Nutrition
LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.
KEYWORDS: Bloom's: Remember

43. Generally speaking, adults need 9 tablespoons of _____ each day.

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

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e. B₁₂

ANSWER: b

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

During Rhonda's freshman year of college, she experienced many environmental changes that 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 food. 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. It is now the end of the school year, and Rhonda's overall health is poor, and she has also gained a significant amount of weight despite not eating dinner and an overall underconsumption of nutrients. Rhonda decides to register for a nutrition class over the summer and learn how to better manage her diet and weight during her sophomore year.

44. What was most likely the cause of Rhonda's struggle with recurrent illness and chronic fatigue?

- a. She was not getting enough fruits and vegetables.
- b. She was not eating an adequate, well-balanced diet.
- c. She was eating too many calories.
- d. She was eating too much fat and sugar.
- e. She was eating too many calories in the evening.

ANSWER: b

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

45. What type of a diet should Rhonda follow to lose the weight gained during her freshman year?

- a. She should follow a diet high in protein and low in fruit and whole grains.
- b. She should follow a diet high in phytochemicals and antioxidants that is supplemented with a multivitamin.
- c. She should follow a diet that provides a variety of nutrient-dense foods and is moderately reduced in calories as suggested by the USDA's ChooseMyPlate plan.
- d. She should follow a diet that includes plenty of energy-dense, empty-calorie foods.
- e. She should follow a vegetarian diet.

ANSWER: c

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

46. Rhonda had a limited amount of money that she could spend on food, and her ability to get to the supermarket was also limited. Therefore, the quantity and quality of healthy food that she had available was affected. This is an example of _____.

- a. food insecurity
- b. malnutrition

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- c. energy density
- d. food security
- e. nourishment vulnerability

ANSWER: a

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

47. Which foods in Rhonda's diet were the most energy-dense?

- a. fruits and vegetables
- b. pasta
- c. fried foods, ice cream, and cookies
- d. diet sodas
- e. salad

ANSWER: c

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

48. What should Rhonda strive to do during her sophomore year to help improve her nutrition and health?

- a. Avoid "bad foods" that are high in calories.
- b. Make healthier choices at the vending machine and fast food restaurants.
- c. Drink a protein shake and take a multivitamin and an iron supplement each day.
- d. Restrict calories and skip breakfast to help her lose the weight.
- e. Substitute nutrient-dense foods for energy-dense foods to help balance calories and increase intake of essential nutrients.

ANSWER: e

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Understand

49. ULs are _____.

- a. minimum levels of a nutrient one needs to consume to be healthy
- b. used to assess adequacy of intakes of population groups
- c. upper limits of nutrient intake compatible with health
- d. nutrient intake values used by athletes
- e. nutrient intake values estimated to meet the requirements of 50% of healthy individuals

ANSWER: c

REFERENCES: Foundation Knowledge for Thinking about Nutrition

LEARNING OBJECTIVES: NNOW.BRWN.17.1.2 - Explain the ten concepts of nutrition.

KEYWORDS: Bloom's: Remember

50. Adults living in food-insecure households are more likely to _____.

- a. be underweight
- b. be obese

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- c. have liver disease
- d. have kidney disease
- e. have hypotension

ANSWER: b

REFERENCES: Foundation Knowledge for Thinking about Nutrition

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Matching

A: Match each of the following substances with the appropriate nutrient category. Answers may be used more than once or not at all.

- a. mineral
- b. fat
- c. vitamin
- d. carbohydrate
- e. protein

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KEYWORDS: Bloom's: Remember

51. cholesterol

ANSWER: b

52. amino acids

ANSWER: e

53. starch

ANSWER: d

54. simple sugars

ANSWER: d

55. fiber

ANSWER: d

B: Match each term with the appropriate definition.

- a. the study of foods, their nutrients and other chemical constituents, and the effects that foods and food constituents have on health
- b. access at all times to a sufficient supply of safe, nutritious foods
- c. limited or uncertain availability of safe, nutritious foods—or the inability to acquire foods in a socially acceptable way
- d. unit of measure of the amount of energy supplied by food
- e. chemical substances in food that are used by the body for growth and health
- f. chemical substances in plants that give them their color and flavor; some perform important functions in the human body
- g. chemical substances that prevent or repair damage to cells caused by exposure to oxidizing agents

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- h. nutrients required for normal growth and health that the body can generally not produce, or produce in sufficient amounts
- i. nutrients required for normal growth and health that the body can manufacture in sufficient quantities from other components of the diet
- j. the chemical changes that take place in the body
- k. poor nutrition resulting from an excess or lack of calories or nutrients
- l. slow-developing, long-lasting diseases that are not contagious
- m. foods that contain relatively high amounts of nutrients compared to their calorie value
- n. foods that provide an excess of calories in relation to nutrients
- o. foods that provide relatively high levels of calories per unit weight of the food

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Bloom's: Remember

56. antioxidant

ANSWER:

g

57. calorie

ANSWER:

d

58. chronic diseases

ANSWER:

l

59. empty-calorie foods

ANSWER:

n

60. energy-dense foods

ANSWER:

o

61. essential nutrients

ANSWER:

h

62. food insecurity

ANSWER:

c

63. food security

ANSWER:

b

64. malnutrition

ANSWER:

k

65. metabolism

ANSWER:

j

66. nonessential nutrients

ANSWER:

i

67. nutrients

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ANSWER:

e

68. nutrient-dense foods

ANSWER:

m

69. phytochemicals

ANSWER:

f

B: Match each term with the appropriate definition.

- a. the study of foods, their nutrients and other chemical constituents, and the effects that foods and food constituents have on health
- b. access at all times to a sufficient supply of safe, nutritious foods
- c. limited or uncertain availability of safe, nutritious foods—or the inability to acquire foods in a socially acceptable way
- d. unit of measure of the amount of energy supplied by food
- e. chemical substances in food that are used by the body for growth and health
- f. chemical substances in plants that give them their color and flavor; some perform important functions in the human body
- g. chemical substances that prevent or repair damage to cells caused by exposure to oxidizing agents
- h. nutrients required for normal growth and health that the body can generally not produce, or produce in sufficient amounts
- i. nutrients required for normal growth and health that the body can manufacture in sufficient quantities from other components of the diet
- j. the chemical changes that take place in the body
- k. poor nutrition resulting from an excess or lack of calories or nutrients
- l. slow-developing, long-lasting diseases that are not contagious
- m. foods that contain relatively high amounts of nutrients compared to their calorie value
- n. foods that provide an excess of calories in relation to nutrients
- o. foods that provide relatively high levels of calories per unit weight of the food

REFERENCES:

The Meaning of Nutrition

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NNOW.BRWN.17.1.1 - Explain the scope of nutrition as an area of study.

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70. nutrition

ANSWER:

a