

Test Bank Chapter: Focus1 Focus on Beyond the Basics

Question type: Multiple Choice

1) What is the purpose of the of Beyond the Basics meal planning tool?

- a) To help primarily adults with type-2-diabetes control blood glucose levels.
- b) To help all Canadians eat well through the use of carbohydrate loading principles.
- c) To help Canadians use a poster to count total calories.
- d) All of the above.

Answer: a

Difficulty: Medium

Learning Objective: Describe how to use the Canadian Diabetes Association's tool Beyond the Basics

Section reference: F1.1. Using Beyond the Basics

2) “A method that involves keeping track of the total carbohydrate consumed throughout the day to help control blood glucose levels.” What is being described?

- a) Carbohydrate replacement
- b) Glycemic loading
- c) Carbohydrate counting
- d) Carbohydrate refinement

Answer: c

Difficulty: Medium

Learning Objective: Describe how to use the Canadian Diabetes Association's tool Beyond the Basics

Section reference: F1.1. Using Beyond the Basics

3) The Beyond the Basics poster divides food into what two large categories?

- a) High kcalorie foods and low kcalorie foods.
- b) High carbohydrate foods and low carbohydrate foods.
- c) Foods high in sugars and foods high in starch.
- d) Foods with a low glycemic index and foods with a high glycemic index.

Answer: b

Difficulty: Easy

Learning Objective: Describe how to use the Canadian Diabetes Association’s tool Beyond the Basics.

Section reference: F1.1. Using Beyond the Basics

4) On the Beyond the Basics poster food a serving of ten French Fries is marked with a yellow triangle. What does this mean?

- a) It is a food to choose more often, because it has a high glycemic index.
- b) It is a food to choose less often, because it is high in sugar.
- c) It is a food to choose less often, because it is high in fat.
- d) It is a food to choose more often, because it has a low glycemic index.

Answer: c

Difficulty: Hard

Learning Objective: Describe how to use the Canadian Diabetes Association's tool Beyond the Basics.

Section reference: F1.1. Using Beyond the Basics

5) Where would a food such as a white bread be categorized on the Beyond the Basics food groups?

- a) Carbohydrate-containing foods; grains and starches; yellow triangle
- b) Carbohydrate-containing foods; other choices; yellow triangle
- c) Carbohydrate-containing foods; grains and starches; red triangle because it has a high GI
- d) Carbohydrate-containing foods; other choices; green triangle

Answer: a

Difficulty: Medium

Learning Objective: Describe how to use the Canadian Diabetes Association's tool Beyond the Basics.

Section reference: F1.1. Using Beyond the Basics

6) In the Beyond the Basics poster carbohydrate containing foods are subdivided into which groups?

- a) Grains and starches; fruits; milk & alternatives; vegetables
- b) Grains and starches; fruits; milk & alternatives; other choices
- c) Fruits; vegetables; grain products; other choices
- d) Grain products; vegetables and fruit; milk & alternatives; other choices

Answer: b

Difficulty: Medium

Learning Objective: Describe how to use the Canadian Diabetes Association's tool Beyond the Basics.

Section reference: F1.1. Using Beyond the Basics

7) In the Beyond the Basics poster low carbohydrate foods are subdivided into which groups?

- a) Vegetables; meat & alternatives; fats; other choices
- b) Vegetables; meat & alternatives; other choices
- c) Vegetables; meat & alternatives; fats
- d) Vegetables; meat & alternatives; milk & alternatives; fats

Answer: c

Difficulty: Medium

Learning Objective: Describe how to use the Canadian Diabetes Association's tool Beyond the Basics.

Section reference: F1.1. Using Beyond the Basics

8) A meal plan recommends that 5 carbohydrate choices be consumed at breakfast. Using the Beyond the Basics poster, what is the most suitable choice?

- a) Using the serving sizes indicated on the poster, 3 choices from grains & starches, 1 choice from fruits, & 1 choice from milk and alternatives for a total of 75 g carbohydrate. All selections have green triangles.
- b) Using the serving sizes indicated on the poster, 2 choices from grains & starches, 1 choice from fruits, & 1 choice from milk and alternatives for a total of 60 g carbohydrate. One selection has a yellow triangle.
- c) Using the serving sizes indicated on the poster, 3 choices from grains & starches, 1 choice from vegetables & 1 choice from milk and alternatives for a total of 75 g carbohydrate. All selections have green triangles.
- d) Using the serving sizes indicated on the poster, 5 choices from grains & starches, 1 choice from fruits, & 1 choice from milk and alternatives for a total of 75 g carbohydrate. All selections have yellow triangles.

Answer: a

Difficulty: Hard

Learning Objective: Describe how to use the Canadian Diabetes Association's tool Beyond the Basics.

Section reference: F1.1. Using Beyond the Basics

9) Which of the following meat & alternative choices would have a yellow triangle?

- a) Regular ground meat
- b) Egg
- c) Fish
- d) Legumes

Answer: a

Difficulty: Medium

Learning Objective: Describe how to use the Canadian Diabetes Association's tool Beyond the Basics.

Section reference: F1.1. Using Beyond the Basics

10) How are Beyond the Basics and Canada's Food Guide similar?

- a) They are both suitable for healthy Canadians.
- b) Potatoes belong to vegetables food group in both guides.
- c) Cheese is classified as meat & alternatives in both guides.
- d) They were both created by Health Canada.

Answer: a

Difficulty: Hard

Learning Objective: Compare Canada's Food Guide and Beyond the Basics

Section reference: F1.2. Comparison of Canada's Food Guide and Beyond the Basics

11) To help Canadians reduce the risk for developing obesity, type-2-diabetes, heart disease, osteoporosis, and certain types of cancer.” What is being described?

- a) A stated purpose of Canada's Food Guide only
- b) A stated purpose of both Canada's Food Guide and Beyond the Basics
- c) A stated purpose of Beyond the Basics only
- d) None of the above.

Answer: a

Difficulty: Easy

Learning Objective: Compare Canada's Food Guide and Beyond the Basics

Section reference: F1.2. Comparison of Canada's Food Guide and Beyond the Basics

12) How do Canada's Food Guide and Beyond the Basics differ?

- a) The food groups differ.
- b) Only Canada's Food Guide organizes food based on carbohydrate content.
- c) Only Beyond the Basics takes glycemic Index into account.
- d) Both (a) and (c)

Answer: d

Difficulty: Hard

Learning Objective: Compare Canada's Food Guide and Beyond the Basics

Section reference: F1.2. Comparison of Canada's Food Guide and Beyond the Basics

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