

1. The science of food and how the body uses it in health and disease is called
 - A. the dietary guidelines.
 - B. the food guide pyramid.
 - C. nutrition.
 - D. sensible eating.
2. What constituent of food forms the bulk of what we eat every day?
 - A. proteins
 - B. fiber
 - C. macronutrients
 - D. micronutrients
3. Fats, proteins, and water are all considered
 - A. macronutrients.
 - B. micronutrients.
 - C. minor nutrients.
 - D. major nutrients.
4. What are the nutrients that are required only in small amounts?
 - A. macronutrients
 - B. proteins
 - C. micronutrients
 - D. fiber
5. Vitamins and minerals are considered
 - A. macronutrients.
 - B. micronutrients.
 - C. minor nutrients.
 - D. major nutrients.
6. What is the standard unit of energy used in the United States to describe human energy intake and expenditure?
 - A. calorie
 - B. kilojoule
 - C. micromilligram
 - D. kilogram
7. A gram of carbohydrate yields approximately _____ calories.
 - A. 2
 - B. 4
 - C. 6
 - D. 8
8. What is the main function of carbohydrates?
 - A. provide fuel for the cells
 - B. regulate body processes
 - C. maintain body temperature
 - D. build and repair cells

9. The organic compounds that are divided into two types, simple and complex, are called
 - A. proteins.
 - B. calories.
 - C. kilocalories.
 - D. carbohydrates.
10. Which of the following is an advantage that complex carbohydrates have over simple carbohydrates?
 - A. They provide energy for a longer period.
 - B. They are absorbed quickly by the body.
 - C. They contain a high amount of calories.
 - D. They are lower in fat.
11. Fiber is the indigestible part of _____ foods.
 - A. organic
 - B. inorganic
 - C. plant-based
 - D. animal-based
12. Which of the following is one of the best sources of soluble fiber?
 - A. whole grains
 - B. bran
 - C. vegetables
 - D. oats
13. What is the best way to increase your fiber intake?
 - A. Eat a variety of whole grains, vegetables, legumes, and fruits.
 - B. Consume at least three servings of low-fat milk products a day.
 - C. Make dietary supplements a part of your diet.
 - D. Decrease your intake of red meat.
14. Which of the following provides the most concentrated source of calories in a diet?
 - A. fats
 - B. carbohydrates
 - C. proteins
 - D. vitamins
15. What type of fat is generally found in meat and dairy products?
 - A. unsaturated fats
 - B. polyunsaturated fats
 - C. trans fats
 - D. saturated fats
16. What are *trans* fats?
 - A. unsaturated fats that are partially hydrogenated
 - B. fats high in omega-3 fatty acids
 - C. fats that are neither saturated nor unsaturated
 - D. saturated fats converted into unsaturated fats
17. What are vegetable oils chemically converted to a solid form called?
 - A. polyunsaturated fats
 - B. unsaturated fats
 - C. *trans* fats
 - D. monosaturated fats
18. What substance exists in every cell in the body and is required for tissue growth and maintenance?
 - A. glycogen
 - B. protein
 - C. fat
 - D. glucose

19. Which nutrient provides the body with essential amino acids?
- A. carbohydrates
 - B. protein
 - C. fats
 - D. vitamins
20. What substances are found only in small quantities in food but play a variety of roles in regulating and maintaining bodily functions?
- A. vitamins and minerals
 - B. sugars and starches
 - C. fats and proteins
 - D. carbohydrates and fiber
21. Which of these is the substance found in certain vitamins that helps protect the body cells from damage?
- A. micronutrients
 - B. antioxidants
 - C. macronutrients
 - D. free radicals
22. What is the most essential nutrient?
- A. protein
 - B. fiber
 - C. water
 - D. fat
23. Which of these agencies or organizations is responsible for providing nutrition information and advice to Americans?
- A. World Health Organization
 - B. U.S. Food and Drug Administration
 - C. U.S. Department of Health and Human Services
 - D. U.S. Department of Agriculture
24. The *Dietary Guidelines for Americans* are based on the best possible _____ knowledge of diet and exercise.
- A. local
 - B. scientific
 - C. anecdotal
 - D. public
25. What are the *Dietary Guidelines for Americans* designed to help people do?
- A. choose nutritious diets
 - B. lose weight
 - C. increase physical activity
 - D. manage chronic disease
26. Which of the following does the 2005 *Dietary Guidelines* recommend regarding carbohydrate intake?
- A. Consume three cups per day of fat-free or low-fat milk.
 - B. Choose foods and beverages with less added sugar.
 - C. Reduce the incidence of dental cavities by consuming foods rich in starch.
 - D. Choose and prepare foods with little salt.
27. An effort to make the *Dietary Guidelines* consumer-friendly resulted in the new food guide known as
- A. the food guide pyramid.
 - B. MyPyramid.
 - C. the Food Guidance System Education Framework.
 - D. the USDA Nutritional Guidelines.

28. When was the food guidance system MyPyramid launched?
- A. 1975
 - B. 1985
 - C. 1995
 - D. 2005
29. MyPyramid is designed to make choosing a healthy diet a more _____ experience.
- A. complex
 - B. personalized
 - C. exciting
 - D. generalized
30. Food poisoning is caused by consuming which of the following?
- A. too many fats
 - B. too many sweets
 - C. contaminated foods
 - D. foods that have been cooked too long
31. To kill microorganisms, cook ground beef to an internal temperature of _____ degrees Fahrenheit.
- A. 145
 - B. 150
 - C. 160
 - D. 180
32. More than _____ pathogens have been identified as being responsible for foodborne illnesses.
- A. 1,000
 - B. 600
 - C. 400
 - D. 200
33. The CDC reports that obesity rates doubled among American adults during what time period?
- A. 1960 through 1970
 - B. 1970 through 1990
 - C. 1980 through 1990
 - D. 1980 through 2000
34. The obesity problem in America can be understood as a result of all of the following lifestyle changes EXCEPT
- A. less convenient access to food.
 - B. less physical activity.
 - C. more food choices.
 - D. larger portions.
35. The key to understanding weight control is
- A. the USDA guidelines.
 - B. MyPyramid.
 - C. energy intake versus energy expenditure.
 - D. nutrition basics.
36. A healthy weight refers to a body weight
- A. at which you look the way you want to.
 - B. at which you can physically function at a high level.
 - C. that allows you to get into clothes you wore in high school.
 - D. that encourages you to eat nutritious foods.

37. What is the approximate BMI range for healthy weight?
- A. 8.5-15
 - B. 15.5-20
 - C. 18.5-25
 - D. 25.5-30
38. Common methods for determining body composition include all of the following EXCEPT
- A. skinfolds.
 - B. circumferences.
 - C. bioelectric impedance.
 - D. weighing on a scale.
39. In relation to fat distribution, research has shown that _____ fat may be more dangerous for long-term health than other fat locations.
- A. abdominal
 - B. hip
 - C. buttocks
 - D. evenly distributed
40. More than _____% of people with eating disorders are female.
- A. 75
 - B. 80
 - C. 85
 - D. 90
41. Which is the most common eating disorder?
- A. anorexia
 - B. night eating syndrome
 - C. bulimia
 - D. binge eating
42. The condition in which energy intake is consistently higher than energy expenditure is known as _____ energy balance.
- A. negative
 - B. positive
 - C. lost
 - D. greater
43. People who consume 500 calories a day less than they expend should lose how many pounds per week?
- A. 1
 - B. 2
 - C. 3
 - D. 4
44. In order to eat well, we need to
- A. read books on healthy living.
 - B. improve our daily food choices.
 - C. begin a weight-loss program.
 - D. gather more nutritional knowledge.
45. If we wish to change a behavior, the likelihood of success is much better if we
- A. listen to our peers.
 - B. go on a diet.
 - C. take the time to develop a plan.
 - D. read books about it.

46. The National Weight Control Registry estimates that approximately _____% of overweight people have been able to achieve weight-loss success.
- A. 10
 - B. 20
 - C. 30
 - D. 35
47. Successful long-term maintenance of weight loss is defined as losing at least _____% of your body weight and keeping it off for at least a year.
- A. 10
 - B. 12
 - C. 15
 - D. 20
48. The Dietary Guidelines Advisory Committee recommends all of the following methods for taking in the proper amounts of nutrients and calories EXCEPT
- A. consuming a variety of nutritious foods within the basic food groups.
 - B. limiting intake of saturated and trans fats, cholesterol, added sugars, and salt.
 - C. adopting a balanced eating pattern.
 - D. steadily cutting calorie consumption over a period of time.
49. A nutrient is a substance found in food that the body uses to grow, maintain, and repair itself.
True False
50. Nutrition is about understanding why we like the foods we do.
True False
51. The six nutrient classes are carbohydrates, fats, protein, vitamins, minerals, and calories.
True False
52. Proteins are complex inorganic compounds made up of amino acids.
True False
53. A reliable measure for checking hydration is to weigh yourself every day to ensure that you have consumed enough fluids to restore water weight.
True False
54. The *Dietary Guidelines for Americans* provide information on food safety, weight management, physical activity, and general nutrition.
True False
55. Due to the wide range of food preferences and choices, learning to eat healthier and maintain good eating habits has become easier over the years.
True False
56. The "Nutrition Facts" panel on food labels is specially designed for each individual product so that consumers can easily understand key information.
True False
57. Steroids are substances added to the diet that contain primarily vitamins, minerals, and botanicals.
True False
58. The body mass index is a measure of the percentage of body fat.
True False
59. Our basic body shape is greatly influenced by both gender and the foods we are fed as infants.
True False
60. For a person with a BMI above 20, the chances of dying early increase.
True False

61. Body composition is the categorizing of body weight into fat and lean components.
True False
62. Hydrostatic weighing involves submersion in water to determine the amount of body fat.
True False
63. In relation to body fat distribution, researchers have shown that abdominal fat may be less dangerous for long-term health than fat in other locations.
True False
64. Awareness and the desire to improve are the two most important factors in changing eating habits.
True False
65. Nutrition is about understanding what types of food and how much of it people need and reconciling that with their eating habits.
True False
66. Explain obesity and identify several reasons why it is a major health concern in the United States.
67. Explain the two most common types of eating disorders.
68. Create a personalized plan involving healthy eating and weight management. List four questions you might ask yourself about your food and lifestyle choices to ensure that your plan meets the essential criteria for success.

ch02 Key

1. (p. 39) C
2. (p. 40) C
3. (p. 40) A
4. (p. 40) C
5. (p. 40) B
6. (p. 40) A
7. (p. 41) B
8. (p. 41) A
9. (p. 41) D
10. (p. 41) A
11. (p. 42) C
12. (p. 42) D
13. (p. 42) A
14. (p. 42) A
15. (p. 42) D
16. (p. 42-43) A
17. (p. 42-43) C
18. (p. 44) B
19. (p. 44) B
20. (p. 45) A
21. (p. 45) B
22. (p. 45) C
23. (p. 47) D
24. (p. 47) B
25. (p. 47) A
26. (p. 49) B
27. (p. 50) B
28. (p. 50) D
29. (p. 51) B
30. (p. 57) C
31. (p. 57) C
32. (p. 58) D
33. (p. 61) D
34. (p. 61) A
35. (p. 61) C
36. (p. 61) B

- 37. (p. 62) C
- 38. (p. 65) D
- 39. (p. 66) A
- 40. (p. 69) D
- 41. (p. 70) C
- 42. (p. 71) B
- 43. (p. 72) A
- 44. (p. 73) B
- 45. (p. 74) C
- 46. (p. 74) B
- 47. (p. 74) A
- 48. (p. 75) D
- 49. (p. 39) TRUE
- 50. (p. 39) FALSE
- 51. (p. 39) FALSE
- 52. (p. 44) FALSE
- 53. (p. 46) TRUE
- 54. (p. 50) TRUE
- 55. (p. 53) FALSE
- 56. (p. 54) FALSE
- 57. (p. 59) FALSE
- 58. (p. 62) FALSE
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- 61. (p. 64) TRUE
- 62. (p. 65) TRUE
- 63. (p. 66) FALSE
- 64. (p. 74) FALSE
- 65. (p. 75) TRUE

66. (p. 61-62, 67-68) Obesity is the consequence of a chronic energy imbalance in which the body stores excess energy in the form of adipose tissue. When people consistently eat more calories than they expend, body fat storage increases. Genetics also plays a role in the likelihood of developing obesity. Children of obese parents have a greater chance of becoming obese themselves than do children of parents who are not obese. Reasons for obesity include easy access to fast food, sedentary lifestyle, technology, and lack of education.

67. (p. 69-70) The two most common eating disorders are anorexia and bulimia. Those with anorexia are noticeably underweight and fail to maintain a normal weight. Anorexics display a fear of weight gain and are in denial about the fact that they are underweight. Bulimics typically have a normal weight or an above-normal weight. Bulimic patients exhibit recurring episodes of binge eating followed by purging behavior.

4. Does it include regular exercise?
3. Is it based on everyday foods?
2. Is the energy content appropriate?
1. Is it nutritionally balanced?

68. (p. 74-75) The following criteria apply equally to those who are normal weight or underweight and those who plan to lose excess weight.

ch02 Summary

<u>Category</u>	<u># of Questions</u>
Blooms Taxonomy: Application	1
Blooms Taxonomy: Comprehension	7
Blooms Taxonomy: Knowledge	60
Learning Objective: Analyze and understand food labels to determine nutritional differences	1
Learning Objective: Calculate weight loss or gain based on positive and negative energy balances over time.	1
Learning Objective: Define body composition	1
Learning Objective: Define body mass index (BMI)	2
Learning Objective: Define calorie	1
Learning Objective: Define eating disorders	1
Learning Objective: Define energy balance	1
Learning Objective: Define fat	1
Learning Objective: Define fiber	1
Learning Objective: Define foodborne illness or disease	1
Learning Objective: Define healthy weight	1
Learning Objective: Define nutrient	1
Learning Objective: Define nutrition	2
Learning Objective: Define protein	3
Learning Objective: Differentiate anorexia from bulimia	1
Learning Objective: Differentiate complex carbohydrates from simple carbohydrates	2
Learning Objective: Differentiate soluble and insoluble fiber	1
Learning Objective: Differentiate the categories and methods of body composition measurements	2
Learning Objective: Distinguish the various indicators of dehydration as they may present to individuals	1
Learning Objective: Explain the criteria that should be used when evaluating diets	2
Learning Objective: Explain the Dietary Guidelines for Americans	2
Learning Objective: Explain the purpose of the Dietary Guidelines for Americans	1
Learning Objective: Identify sources of saturated fats	1
Learning Objective: Identify the health risk related to body fat distribution	2
Learning Objective: Identify the macronutrients	2
Learning Objective: Identify the micronutrients	2
Learning Objective: Identify ways to prevent foodborne illnesses in the home	1
Learning Objective: identifying key food sources and nutritional benefits	1
Learning Objective: Recall the basics of behavior change	1
Learning Objective: Recall the factors that influence body characteristics	1
Learning Objective: Recall the functions and energy value of carbohydrates	2
Learning Objective: Recall the meaning of nutrition	1
Learning Objective: Recall the necessary steps to healthy eating	1
Learning Objective: Recall the purpose of MyPyramid Tracker	1
Learning Objective: Recall the six nutrient classes	1
Learning Objective: Recall the strategies for behavior change developed by the Mayo Clinic	1
Learning Objective: Recognize the definition of trans fats	2
Learning Objective: Recognize the obesity problem in the United States	3
Learning Objective: Recognize the prevalence of foodborne illnesses	1
Learning Objective: Recognize ways to increase fiber in the diet	1
Learning Objective: Understand key recommendations regarding carbohydrates	1
Learning Objective: Understand the difference between positive energy balance and negative energy balance	1
Learning Objective: Understand the governments contribution to educating society in regard to nutritional standards	1
Learning Objective: Understand the impact that eating disorders have had on the female American population	1
Learning Objective: Understand the importance of water in the diet	1
Learning Objective: Understand the MyPyramid guide	3
Learning Objective: Understand the purpose of antioxidants and their role in the body.	1
Learning Objective: Understand the purpose of the National Weight Control Registry	2
Learning Objective: Understand the relationship between dietary supplements and health	1
Learning Objective: Understand the relationship between increased BMI and death	1

Learning Objective: Understand the role that vitamins and minerals play in the diet	1
Sparling - Chapter 02	68
Topic Area: Nutrition Basics	27
Topic Area: Recommendations for Healthy Eating	16
Topic Area: Translating Knowledge into Action	9
Topic Area: Weight Control	16