

Chapter 1 – An Overview of Nutrition

An. Page(s)/difficulty

K = knowledge-level, A = application level

Multiple Choice

Questions for Section 1.0 Introduction

- c 3(K) 01. Features of a chronic disease include all of the following **except**
- it develops slowly.
 - it lasts a long time.
 - it produces sharp pains.
 - it progresses gradually.
- b 3(K) 02. Characteristics of an acute disease include all of the following **except**
- it develops quickly.
 - it progresses slowly.
 - it runs a short course.
 - it causes sharp symptoms.

Questions for Section 1.1 Food Choices

- b 3(K) 03. What is the chief reason people choose the foods they eat?
- Cost
 - Taste
 - Convenience
 - Nutritional value
- d 3-5(A) 04. All of the following are results of making poor food choices **except**
- over the long term, they will reduce lifespan in some people.
 - they can promote heart disease and cancer over the long term.
 - over the long term, they will not affect lifespan in some people.
 - when made over just a single day, they exert great harm to your health.
- d 4(A) 05. A child who developed a strong dislike of noodle soup after consuming some when she was sick with flu is an example of a food-related
- habit.
 - social interaction.
 - emotional turmoil.
 - negative association.
- c 4(A) 06. A parent who offers a child a favorite snack as a reward for good behavior is displaying a food behavior known as
- social interaction.
 - reverse psychology.
 - positive association.
 - habitual reinforcement.
- a 4(A) 07. A person who eats a bowl of oatmeal for breakfast every day would be displaying a food choice most likely based on
- habit.
 - availability.
 - body image.
 - environmental concerns.

- d 4(A) 08. Which of the following represents a food choice based on negative association?
- A tourist from China who rejects a hamburger due to unfamiliarity
 - A child who spits out his mashed potatoes because they taste too salty
 - A teenager who grudgingly accepts an offer for an ice cream cone to avoid offending a close friend
 - An elderly gentleman who refuses a peanut butter and jelly sandwich because he deems it a child's food
- a 4(A) 09. The motive for a person who alters his diet due to religious convictions is most likely his
- values.
 - body image.
 - ethnic heritage.
 - functional association.
- c 4(A) 10. A person viewing an exciting sports match of her favorite team and eating because of nervousness would be displaying a food choice behavior most likely based on
- habit.
 - availability.
 - emotional comfort.
 - positive association.
- d 4(K) 11. Excluding fast-food establishments, approximately what percentage of restaurants in the United States show an ethnic emphasis?
- 15
 - 30
 - 45
 - 60
- d 5(K) 12. Terms that describe a food that provides health benefits beyond its nutrient contribution include all of the following **except**
- neutraceutical.
 - designer food.
 - functional food.
 - phytonutritional food.
- c 5(K) 13. What is the term that defines foods that contain nonnutrient substances whose known action in the body is to promote well-being to a greater extent than that contributed by the food's nutrients?
- Fortified foods
 - Enriched foods
 - Functional foods
 - Health enhancing foods
- c 5(K) 14. Nonnutrient substances found in plant foods that show biological activity in the body are commonly known as
- folionutrients.
 - inorganic fibers.
 - phytochemicals.
 - phyllochemicals.

Questions for Section 1.2 The Nutrients

- a 6(A) 15. The complete lining of a person's digestive tract is renewed approximately every
- 3-5 days.
 - 3 weeks.
 - 1-2 months.
 - 6-12 months.
- b 6(K) 16. By chemical analysis, what nutrient is present in the highest amounts in most foods?
- Fats
 - Water
 - Proteins
 - Carbohydrates
- d 7(A) 17. Approximately how much water (lbs) would be found in a 120-lb person?
- 12
 - 24
 - 36
 - 72
- a 7(K) 18. Which of the following is **not** one of the six classes of nutrients?
- Fiber
 - Protein
 - Minerals
 - Vitamins
- d 7(A) 19. A nutrient needed by the body and that must be supplied by foods is termed a(n)
- neutraceutical.
 - metabolic unit.
 - organic nutrient.
 - essential nutrient.
- c 7(A) 20. All of the following are classified as macronutrients **except**
- fat.
 - protein.
 - calcium.
 - carbohydrate.
- a 7(A) 21. Which of the following is an example of a macronutrient?
- Protein
 - Calcium
 - Vitamin C
 - Vitamin D
- a 7(A) 22. Which of the following is classified as a micronutrient?
- Iron
 - Protein
 - Alcohol
 - Carbohydrate
- d 7(A) 23. Which of the following is an organic compound?
- Salt
 - Water
 - Calcium
 - Vitamin C

- c 7(A) 24. An essential nutrient is one that cannot be
- found in food.
 - degraded by the body.
 - made in sufficient quantities by the body.
 - used to synthesize other compounds in the body.
- d 7(A) 25. Which of the following most accurately describes the term *organic*?
- Products sold at health food stores
 - Products grown without use of pesticides
 - Foods having superior nutrient qualities
 - Substances with carbon-carbon or carbon-hydrogen bonds
- a 7(A) 26. Which of the following is an organic nutrient?
- Fat
 - Water
 - Oxygen
 - Calcium
- c 7(K) 27. Approximately how many nutrients are considered indispensable in the diet?
- 15
 - 25
 - 40
 - 55
- d 7(A) 28. Which of the following **cannot** add fat to the body?
- Alcohol
 - Proteins
 - Carbohydrates
 - Inorganic nutrients
- c 7(A) 29. Which of the following is an example of a micronutrient?
- Fat
 - Protein
 - Vitamin C
 - Carbohydrate
- c 7(K) 30. Which of the following nutrients does **not** yield energy during its metabolism?
- Fat
 - Proteins
 - Vitamins
 - Carbohydrates
- b 7(A) 31. How much energy is required to raise the temperature of one kilogram (liter) of water 1° C?
- 10 calories
 - 1 kilocalorie
 - 10,000 calories
 - 1000 kilocalories
- a 7(K) 32. Gram for gram, which of the following provides the most energy?
- Fats
 - Alcohol
 - Proteins
 - Carbohydrates

- a 8(K) 33. Food energy is commonly expressed in kcalories and in
a. kilojoules.
b. kilograms.
c. kilometers.
d. kilonewtons.
- c 8(K) 34. International units of energy are expressed in
a. newtons.
b. calories.
c. kilojoules.
d. kilocalories.
- c 8(K) 35. Approximately how many milliliters are contained in a half-cup of milk?
a. 50
b. 85
c. 120
d. 200
- c 8(K) 36. A normal half-cup vegetable serving weighs approximately how many grams?
a. 5
b. 50
c. 100
d. 200
- c 8(A) 37. A weight reduction regimen calls for a daily intake of 1400 kcalories, which includes 30 g of fat. Approximately what percentage of the total energy is contributed by fat?
a. 8.5
b. 15
c. 19
d. 25.5
- a 8(A) 38. A diet provides a total of 2200 kcalories, of which 40% of the **energy** is from fat and 20% from protein. How many **grams** of carbohydrate are contained in the diet?
a. 220
b. 285
c. 440
d. 880
- d 8(A) 39. What is the kcalorie value of a meal supplying 110 g of carbohydrates, 25 g of protein, 20 g of fat, and 5 g of alcohol?
a. 160
b. 345
c. 560
d. 755
- a 9(A) 40. Which of the following nutrient sources yields **more** than 4 kcalories per gram?
a. Plant fats
b. Plant proteins
c. Animal proteins
d. Plant carbohydrates
- a 9(A) 41. Which of the following is a result of the metabolism of energy nutrients?
a. Energy is released
b. Body fat increases
c. Energy is destroyed
d. Body water decreases

- c 9(A) 42. Which of the following statements most accurately describes the composition of most foods?
- They contain only one of the three energy nutrients, although a few contain all of them
 - They contain equal amounts of the three energy nutrients, except for high-fat foods
 - They contain mixtures of the three energy nutrients, although only one or two may predominate
 - They contain only two of the three energy nutrients, although there are numerous other foods that contain only one
- b 9(K) 43. In the body, the chemical energy in food can be converted to any of the following **except**
- heat energy.
 - light energy.
 - electrical energy.
 - mechanical energy.
- d 10(K) 44. When consumed in excess, all of the following can be converted to body fat and stored **except**
- sugar.
 - corn oil.
 - alcohol.
 - vitamin C.
- d 10(K) 45. How many vitamins are known to be required in the diet of human beings?
- 5
 - 8
 - 10
 - 13
- b 10-11(K) 46. Which of the following is **not** a characteristic of the vitamins?
- Essential
 - Inorganic
 - Destructible
 - kCalorie-free
- c 11(K) 47. Which of the following is a feature of the minerals as nutrients?
- They are organic
 - They yield 4 kcalories per gram
 - Some become dissolved in body fluids
 - Some may be destroyed during cooking
- c 11(K) 48. How many minerals are known to be required in the diet of human beings?
- 6
 - 12
 - 16
 - 24
- b 11(A) 49. Which of the following is **not** a characteristic of the minerals?
- Yield no energy
 - Unstable to light
 - Stable in cooked foods
 - Structurally smaller than vitamins

- b 11(A) 50. Overcooking a food is least likely to affect which of the following groups of nutrients?
- Vitamins
 - Minerals
 - Proteins
 - Carbohydrates

Questions for Section 1.3 The Science of Nutrition

- a 12(A) 51. Your friend Carrie took a daily supplement of vitamin C and stated that she felt a lot better. Her experience is best described as a(n)
- anecdote.
 - blind experiment.
 - nutritional genomic.
 - case-control experience.
- b 12(A) 52. The study of how a person's genes interact with nutrients is termed
- genetic counseling.
 - nutritional genomics.
 - genetic metabolomics.
 - nutritional nucleic acid pool.
- b 12(K) 53. What is the meaning of a double-blind experiment?
- Both subject groups take turns getting each treatment
 - Neither subjects nor researchers know which subjects are in the control or experimental group
 - Neither group of subjects knows whether they are in the control or experimental group, but the researchers do know
 - Both subject groups know whether they are in the control or experimental group, but the researchers do not know
- c 12(K) 54. In the scientific method, a tentative solution to a problem is called the
- theory.
 - prediction.
 - hypothesis.
 - correlation.
- c 13(K) 55. Among the following, which is the major weakness of a laboratory-based study?
- The costs are usually high
 - It is difficult to replicate the findings
 - The results cannot be applied to human beings
 - Experimental variables cannot be easily controlled
- d 13(A) 56. What is the benefit of using controls in an experiment?
- The size of the groups can be very large
 - The subjects do not know anything about the experiment
 - The subjects who are treated are balanced against the placebos
 - The subjects are similar in all respects except for the treatment being tested
- a 13(A) 57. What is the benefit of using a large sample size in an experiment?
- Chance variation is ruled out
 - There will be no placebo effect
 - The experiment will be double-blind
 - The control group will be similar to the experimental group

- c 13(K) 58. A clinical trial must involve
- tissue cells in culture.
 - rats or mice as subjects.
 - human beings as subjects.
 - computer modeling to design the study.
- b 13;15(A) 59. What is the benefit of using placebos in an experiment?
- All subjects are similar
 - All subjects receive a treatment
 - Neither subjects nor researchers know who is receiving treatment
 - One group of subjects receives a treatment and the other group receives nothing
- b 14(K) 60. In nutrition research, observations of the quantities and types of foods eaten by groups of people and the health status of those groups are known as
- case-control studies.
 - epidemiological studies.
 - human intervention trials.
 - correlation-control studies.
- d 15(A) 61. You have been asked to help a top nutrition researcher conduct human experiments on vitamin C. As the subjects walk into the laboratory, you distribute all the vitamin C pill bottles to the girls and all the placebo pill bottles to the boys. The researcher instantly informs you that there are **two** errors in your research practice. What steps should you have done differently?
- Given all the boys the vitamin C and the girls the placebo, and told them what they were getting
 - Distributed the bottles randomly, randomized the subjects, and told them what they were getting
 - Told the subjects which group they were in, and prevented yourself from knowing the contents of the pill bottles
 - Prevented yourself from knowing what was in the pill bottles, and distributed the bottles randomly to the subjects
- b 15(A) 62. Overeating and gaining body weight is an example of a
- variable effect.
 - positive correlation.
 - negative correlation.
 - randomization effect.
- c 15(A) 63. An increase in exercise accompanied by a decrease in body weight is an example of a
- variable effect.
 - positive correlation.
 - negative correlation.
 - randomization effect.
- a 16(A) 64. Before publication in a reputable journal, the findings of a research study must undergo scrutiny by experts in the field according to a process known as
- peer review.
 - cohort review.
 - intervention examination.
 - double-blind examination.

Questions for Section 1.4 Dietary Reference Intakes

- d 17(K) 65. All of the following sets of values are included in the Dietary Reference Intakes **except**
- AI.
 - RDA.
 - EAR.
 - LUT.
- b 17(K) 66. Which of the following is **not** a set of values within the Dietary Reference Intakes?
- Adequate Intakes
 - Estimated Average Allowances
 - Tolerable Upper Intake Levels
 - Recommended Dietary Allowances
- b 17(K) 67. The smallest amount of a nutrient that is consumed over a prolonged period that maintains a specific function is called the nutrient
- allowance.
 - requirement.
 - tolerable limit.
 - adequate intake.
- c 17-18(A) 68. If a group of people consumed an amount of protein equal to the average **requirement** for their population group, what percentage would receive insufficient amounts?
- 2
 - 33
 - 50
 - 98
- d 18(A) 69. A health magazine contacted you for your expert opinion on what measure best describes the amounts of nutrients that should be consumed by the population. Your reply should be:
- The Dietary Reference Intakes because they are a set of nutrient intake values for healthy people in the United States and Canada.
 - The Tolerable Upper Intake levels because they are the maximum daily amount of a nutrient that appears safe for most healthy people.
 - The Estimated Average Requirements because they reflect the average daily amount of a nutrient that will maintain a specific function in half of the healthy people of a population.
 - The Recommended Dietary Allowances because they represent the average daily amount of a nutrient considered adequate to meet the known nutrient needs of practically all healthy people.
- b 18(A) 70. Recommended Dietary Allowances may be used to
- measure nutrient balance of population groups.
 - assess dietary nutrient adequacy for individuals.
 - treat persons with diet-related illnesses.
 - calculate exact food requirements for most individuals.
- d 18(K) 71. Recommended Dietary Allowances are based on the
- Lower Tolerable Limit.
 - Upper Tolerable Limit.
 - Subclinical Deficiency Value.
 - Estimated Average Requirement.

- d 18(K) 72. The amount of a nutrient that meets the needs of about 98% of a population is termed the
- Adequate Intake.
 - Daily Recommended Value.
 - Tolerable Upper Intake Level.
 - Recommended Dietary Allowance.
- c 18(K) 73. The RDA (Recommended Dietary Allowances) for nutrients are generally
- more than twice as high as anyone needs.
 - the minimum amounts that average people need.
 - designed to meet the needs of almost all healthy people.
 - designed to prevent deficiency diseases in half the population.
- b 18(K) 74. How are the RDA for almost all vitamin and mineral intakes set?
- Low, to reduce the risk of toxicity
 - High, to cover virtually all healthy individuals
 - Extremely high, to cover every single person
 - At the mean, to cover most healthy individuals
- c 18-19(K) 75. Which of the following is **not** a feature of the Adequate Intake (AI) and the Recommended Dietary Allowance (RDA)?
- Both values exceed the average requirements
 - AI values are more tentative than RDA values
 - The percentage of people covered is known for both values
 - Both values may serve as nutrient intake goals for individuals
- d 18-19(K) 76. All of the following features are shared by the RDA and the AI **except**
- both are included in the DRI.
 - both serve as nutrient intake goals for individuals.
 - neither covers 100% of the population's nutrient needs.
 - neither is useful for evaluating nutrition programs for groups of people.
- a 18-19(K) 77. Which of the following is a purpose of both the Recommended Dietary Allowance and Adequate Intake?
- Setting nutrient goals for individuals
 - Identifying toxic intakes of nutrients
 - Restoring health of malnourished individuals
 - Developing nutrition programs for schoolchildren
- a 19(A) 78. Bob consumes about 2500 kcalories per day, which is apportioned as 150 g of fat, 140 g of carbohydrate, and 150 g of protein. What would be the appropriate revisions to help Bob adjust his nutrient intake so that it matches the Acceptable Macronutrient Distribution Ranges?
- 70 g fat, 156 g protein, 313 g carbohydrate
 - 140 g fat, 150 g protein, 150 g carbohydrate
 - 500 g fat, 750 g protein, 1250 g carbohydrate
 - 10 g fat, 20 g protein, 45 g carbohydrate
- d 19(A) 79. Which of the following represents a rationale for setting the recommendation for energy?
- Because protein is an energy nutrient, the figures for energy intake are set in proportion to protein intake
 - Because a large number of people are overweight, the figures are set to induce a gradual weight loss in most individuals
 - Because the energy needs within each population group show little variation, the figures are set to meet the needs of almost all individuals
 - Because a margin of safety would result in excess energy intake for a large number of people, the figures are set at the average energy intake

- d 19(K) 80. What does the Tolerable Upper Intake Level of a nutrient represent?
- The maximum amount allowed for fortifying a food
 - A number calculated by taking twice the RDA or three times the AI
 - The maximum allowable amount available in supplement form
 - The maximum amount from all sources that appears safe for most healthy people
- a 19(K) 81. What set of values is used to recommend the average kcalorie intake that maintains population groups in energy balance?
- Estimated Energy Requirement
 - Adequate Average Requirement
 - Recommended Dietary Allowance
 - Acceptable Energy Distribution Range
- d 19(K) 82. The percentage of kcalorie intakes for protein, fat, and carbohydrate that are thought to reduce the risk of chronic diseases are termed the
- Estimated Energy Requirements.
 - Tolerable Range of Kilocalorie Intakes.
 - Estimated Energy Nutrient Recommendations.
 - Acceptable Macronutrient Distribution Ranges.
- d 19(K) 83. What is the AMDR for carbohydrate?
- 5-10%
 - 15-25%
 - 30-40%
 - 45-65%
- b 19(A) 84. Which of the following figures falls within the carbohydrate range of the AMDR?
- 35%
 - 50%
 - 70%
 - 90%
- a 19(K) 85. What is the AMDR for protein?
- 10-35%
 - 40-45%
 - 50-65%
 - 70-85%
- c 19(A) 86. What is the upper range of fat intake in the AMDR?
- 20%
 - 25%
 - 35%
 - 50%
- b 19(K) 87. What is the AMDR for fat?
- 10-30%
 - 20-35%
 - 40-55%
 - 60-75%
- d 19(A) 88. If a person consumed the upper AMDR limit for protein as part of a diet containing 2500 kcalories, approximately how many **grams** of protein would be ingested?
- 41
 - 63
 - 135
 - 219

- a 19(K) 89. What is the weight (lbs) of the “reference” adult male?
- 154
 - 165
 - 172
 - 179
- b 19(K) 90. What is the weight (lbs) of the “reference” adult female?
- 110
 - 126
 - 132
 - 139
- a 20(K) 91. All of the following describe features for application of the recommended nutrient intakes **except**
- the recommendations also apply to sick people.
 - the recommendations are designed to be met through intake of foods and not supplements.
 - it is difficult and unnecessary to meet the recommended intakes for all nutrients each day.
 - the recommendations are neither minimum requirements nor necessarily optimal intakes for everybody.
- c 20(K) 92. The Dietary Reference Intakes may be used to
- treat people with diet-related disorders.
 - assess adequacy of all required nutrients.
 - plan and evaluate diets for healthy people.
 - assess adequacy of only vitamins and minerals.

Questions for Section 1.5 Nutrition Assessment

- a 21(K) 93. Which of the following is used to detect nutrient deficiencies?
- Assessment techniques
 - Nutrient stages identification
 - Overt symptoms identification
 - Outward manifestations assessment
- d 21-23(A) 94. As a registered dietitian at Jones Hospital, you are instructed to write a policy statement on nutrition assessment procedures for all new patients. Which of the following are the most useful parameters for the nutrition assessment of individuals?
- Diet recall, food likes and dislikes, allergies, favorite family recipes
 - Anthropometric data, physical examinations, food likes and dislikes, family tree
 - Diet record that includes what the patient usually eats, which will provide sufficient information
 - Historical information, anthropometric data, physical examinations, laboratory tests
- a 22(K) 95. Which of the following is an anthropometric measure?
- Body weight
 - Blood pressure
 - Blood iron level
 - Food intake information

- d 22-23(K) 96. Inspection of hair, eyes, skin, and posture is part of the nutrition assessment component known as
- diet history.
 - anthropometrics.
 - biochemical testing.
 - physical examination.
- b 23(K) 97. Which of the following is used to determine the presence of abnormal functions inside the body due to a nutrient deficiency?
- Diet history
 - Laboratory tests
 - Body weight loss
 - Physical examination
- a 23(K) 98. Which of the following represents the usual sequence of stages in the development of a nutrient deficiency resulting from inadequate intake?
- Declining nutrient stores, abnormal functions within the body, and overt signs
 - Abnormal functions within the body, declining nutrient stores, and overt signs
 - Abnormal functions within the body, overt signs, and declining nutrient stores
 - Declining nutrient stores, overt signs, and abnormal functions within the body
- a 23(A) 99. Which of the following would most likely lead to a primary nutrient deficiency?
- Inadequate nutrient intake
 - Reduced nutrient absorption
 - Increased nutrient excretion
 - Increased nutrient destruction
- c 23(K) 100. What type of deficiency is caused by inadequate absorption of a nutrient?
- Primary
 - Clinical
 - Secondary
 - Subclinical
- b 23(A) 101. A subclinical nutrient deficiency is defined as one that
- shows overt signs.
 - is in the early stages.
 - shows resistance to treatment.
 - is similar to a secondary deficiency.
- b 23(K) 102. Which of the following is an **overt** symptom of iron deficiency?
- Anemia
 - Headaches
 - Skin dryness
 - Decreased red blood cell count
- a 23(K) 103. To identify early-stage malnutrition, a health professional would use which of the following parameters?
- Laboratory tests
 - Anthropometric data
 - Physical exam results
 - Review dietary intake data

- d 23(K) 104. What entity coordinates nutrition-related activities of federal agencies?
- U.S. Public Health Service
 - Food and Drug Administration
 - Dietary Reference Intakes committee
 - The National Nutrition Monitoring program
- d 24(K) 105. The goal of Healthy People is to
- establish the DRI.
 - identify national trends in food consumption.
 - identify leading causes of death in the United States
 - set goals for the nation's health over the next 10 years.
- c 24(K) 106. Which of the following does not describe a national trend in eating habits of Americans?
- We eat larger portions
 - We snack more frequently
 - We eat more high-fiber foods
 - We eat more meals away from home

Questions for Section 1.6 Diet and Health

- c 25(K) 107. The most common causes of death today in the United States include all of the following **except**
- cancer.
 - diabetes.
 - tuberculosis.
 - heart disease.
- b 25(K) 108. Of the ten leading causes of illness and death, how many are associated directly with nutrition?
- 1
 - 4
 - 7
 - 10
- d 25(K) 109. Which of the following leading causes of death in the U.S. does **not** bear a relationship to diet?
- Cancer
 - Heart disease
 - Diabetes mellitus
 - Pneumonia and influenza
- a 25(K) 110. Factors known to be related to a disease but not proven to be causal are called
- risk factors.
 - genetic factors.
 - degenerative factors.
 - environmental factors.
- c 25-26(K) 111. Which of the following statements defines the association between a risk factor and the development of a disease?
- All people with the risk factor will develop the disease
 - The absence of a risk factor guarantees freedom from the disease
 - The more risk factors for a disease, the greater the chance of developing that disease
 - The presence of a factor such as heredity can be modified to lower the risk of degenerative diseases

- c 26(K) 112. Which of the following factors makes the greatest contribution to deaths in the United States?
 - a. Guns
 - b. Alcohol
 - c. Tobacco
 - d. Automobiles
- b 26(K) 113. What behavior is the major cause of death in the United States?
 - a. Poor diet
 - b. Tobacco use
 - c. Alcohol intake
 - d. Sexual activity

Questions for Section 1.7 Nutrition Information and Misinformation—On the Net and in the News

- c 28(A) 114. Who would be the most appropriate person to consult regarding nutrition information?
 - a. Chiropractor
 - b. Medical doctor
 - c. Registered dietitian
 - d. Health food store manager
- b 30(K) 115. All of the following are minimum requirements for becoming a registered dietitian **except**
 - a. earning an undergraduate degree.
 - b. completing up to a three-week clinical internship or the equivalent.
 - c. completing approximately 60 semester hours in nutrition and food science.
 - d. passing a national examination administered by the American Dietetic Association.
- c 30-31(K) 116. Which of the following describes the legal limitations, if any, for a person who disseminates dietary advice to the public?
 - a. The title “dietitian” can be used by anyone in all states
 - b. The title “nutritionist” can be used by anyone in all states
 - c. A license to practice as a nutritionist or dietitian is required by some states
 - d. A license to practice as a nutritionist or dietitian is mandatory in all states
- c 30-31(K) 117. Which of the following individuals is most likely to possess the **least** amount of nutrition training?
 - a. Dietetic Technician
 - b. Registered Dietician
 - c. Certified Nutritionist
 - d. Dietetic Technician, Registered
- b 30-31(K) 118. For which of the following titles, by definition, must the individual be college educated and pass a national examination administered by the American Dietetic Association?
 - a. Medical Doctor
 - b. Registered Dietician
 - c. Certified Nutritionist
 - d. Certified Nutrition Therapist
- a 30-31(K) 119. Which of the following best describes a college-educated nutrition and food specialist who is qualified to make evaluations of the nutritional health of people?
 - a. Registered dietitian
 - b. Licensed nutritionist
 - c. Master of nutrient utilization
 - d. Doctor of food and nutritional sciences

- c 31(A) 120. A person who assists registered dietitians has the formal title of
- dietetic assistant.
 - nutrition assistant.
 - dietetic technician.
 - nutrition technician.
- a 32(K) 121. All of the following are recognized, credible sources of nutrition information **except**
- Who's Who in Nutrition.
 - the Food and Drug Administration.
 - the American Dietetic Association.
 - the United States Department of Agriculture.

Matching

- | | |
|------|---|
| G 6 | 01. Nutrient with the highest body concentration |
| L 7 | 02. Substance containing no carbon or not pertaining to living things |
| D 7 | 03. Number of indispensable nutrients for human beings |
| J 7 | 04. Most substances containing carbon-hydrogen bonds |
| I 7 | 05. Substance containing nitrogen |
| E 7 | 06. Energy (kcal) required to increase temperature of 1 kg of water from 0° C to 100° C |
| F 9 | 07. Nutrient with the highest energy density |
| C 9 | 08. Energy (kcal) yield of five grams of sugar |
| A 9 | 09. Energy (kcal) yield of one gram of alcohol |
| B 11 | 10. Number of indispensable minerals for human beings |
| N 13 | 11. An unproven statement |
| K 13 | 12. An inert medication |
| M 13 | 13. Possessing the quality of showing evidence |
| H 19 | 14. The recommended intake is set at the population mean |
| P 21 | 15. Excess nutrient intake leads to this |
| O 21 | 16. Deficient nutrient intake leads to this |
| Q 22 | 17. Measurement of physical characteristics |
| S 22 | 18. Inspection of skin, tongue, eyes, hair, and fingernails |
| R 23 | 19. A nutrient deficiency showing outward signs |
| T 23 | 20. A nutrient deficiency in the early stages |

- A. 7
B. 16
C. 20
D. 40
E. 100
F. Fat
G. Water

- H. Energy
I. Protein
J. Organic
K. Placebo
L. Inorganic
M. Validity
N. Hypothesis

- O. Undernutrition
P. Overnutrition
Q. Anthropometrics
R. Overt deficiency
S. Physical examination
T. Subclinical deficiency

Essay

Page(s)

- | | |
|----------|--|
| 3-6 | 01. Describe six behavioral or social motives governing people's food choices. |
| 3-6 | 02. Explain how food choices are influenced by habits, emotions, physical appearance, and ethnic background. |
| 4 | 03. Discuss some of the consequences of eating in response to emotions. |
| 7;10-11 | 04. Define the term <i>organic</i> . How do the properties of vitamins relate to their organic nature? Contrast these points with the properties of inorganic compounds such as minerals. |
| 12-15 | 05. List the strengths and weaknesses of epidemiological studies, laboratory-based studies, and clinical trials. |
| 15 | 06. Explain the importance of the placebo and the double-blind technique in carrying out research studies. |
| 17-19 | 07. Describe the steps involved in establishing nutrient values that make up the Dietary Reference Intakes. |
| 17-19 | 08. Compare and contrast the meaning of Adequate Intakes, Recommended Dietary Allowances, Estimated Average Requirements, and Tolerable Upper Intake Levels for nutrients. |
| 19 | 09. What approach is taken in setting recommendations for energy intakes? Why is this approach taken? How does this approach differ from that taken for other nutrients? |
| 19-20 | 10. Compare and contrast the rationales underlying dietary recommendations for individuals versus those for populations. |
| 21-23 | 11. List and discuss four methods commonly used to assess nutritional status of individuals. |
| 23-24 | 12. Discuss how the results from national nutrition surveys are used by private and government agencies and groups. |
| 24-25 | 13. List the national trends of food consumption over the past 30 years. |
| 24 | 14. List 10 goals of the Healthy People program. How successful is the program thus far? |
| 25-26 | 15. Discuss the meaning and significance of the relationships between risk factors and chronic diseases. |
| 28-29;32 | 16. List ways to identify a reliable nutrition information website. |
| 31-33 | 17. A. List techniques that help identify nutrition quackery.
B. Where can you find reliable sources of nutrition information? |
| 32-33 | 18. A. Explain the education and training requirements associated with obtaining registration as a dietitian.
B. List several career areas in which registered dietitians are often employed. |