Package Title: Test Bank
Course Title: GrosvenorVis5e
Chapter Number: 01

Question type: Multiple-Choice

1) Which of the following is the best definition of essential nutrients?

a) nutrients a person must consume to build muscle
b) nutrients a person must consume in the diet to maintain health
c) nutrients that should be taken as supplements
d) nutrients that are provided primarily by animal foods

Answer: b

Difficulty: Easy
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.1 Define nutrient density.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

2) The unit of measure that is used in nutrition science that expresses the amount of energy provided by a food is a

a) calorie.
b) nutrient.
c) nutrient-dense food.
d) unit of glucose.

Answer: a

Difficulty: Easy
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2:1.1.1 Define nutrient density.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

3) Nutrient-dense foods contain _____ compared to foods with a lower nutrient-density food.

a) more calories per gram
b) more nutrients per calorie
c) more nutrients per gram
d) fewer calories per gram

Answer: b

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.1 Define nutrient density.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

4) Which of the following statements about fortified foods is FALSE?

a) Fortification of foods began to help eliminate nutrient deficiencies in the population.
b) Milk with added vitamin D is an example of food fortification.
c) Voluntary food fortification may increase the likelihood of consuming an excess of some nutrients.
d) Voluntary fortification of foods is at the discretion of the federal government.

Answer: d

Difficulty: Hard
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2:1.1.2 Compare fortified foods with dietary supplements as sources of nutrients.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

5) Substances found in plant foods that are NOT essential nutrients but may have health-promoting properties are

a) amino acids.
b) dietary supplements.
c) phytochemicals.
d) zoochemicals.

Answer: c

Difficulty: Easy
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.3 Distinguish essential nutrients from phytochemicals.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

6) Which of the following statements regarding phytochemicals is true?

a) They are essential for life.
b) They are always harmful to our health.
c) They are found in plant foods.
d) They contribute to the calories that we eat in our diet.

Answer: c

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.3 Distinguish essential nutrients from phytochemicals.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

7) Foods that have health-promoting properties beyond basic nutritional functions are called

a) essential foods.
b) fortified foods.
c) functional foods.
d) phytochemicals

Answer: c

Difficulty: Easy
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.3 Distinguish essential nutrients from phytochemicals.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

8) Which would be best described as an emotional or psychologically-driven food choice?

a) eating chocolate or ice cream after a bad day at work
b) eating corn on the cob when in season
c) eating ethnic foods you ate as a child
d) eating foods specific to religious practices

Answer: a

Difficulty: Easy
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.4 Identify factors in your food environment that influence your food choices.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

9) All of the following are macronutrients EXCEPT

a) carbohydrate.
b) lipids.
c) protein.
d) vitamins.

Answer: d

Difficulty: Easy
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: Multiple-Choice

10) All of the following are examples of carbohydrates EXCEPT

a) fiber.
b) proteins.
c) starches.
d) sugars.

Answer: b

Difficulty: Easy
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: Multiple-Choice

11) All of the following are examples of lipids EXCEPT

a) cholesterol.
b) saturated fat.
c) sugars.
d) unsaturated fat.

Answer: c

Difficulty: Medium
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: Multiple-Choice

12) Which of the following statements about proteins is FALSE?

a) Dietary protein from animal sources better matches the amino acid needs of humans compared to dietary protein derived from individual plants sources.
b) Proteins are composed of amino acids.
c) Combining plant proteins will never provide all of the amino acids needed.
d) Proteins differ based on the combinations of amino acids used in each type of protein.

Answer: c

Difficulty: Hard
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: Multiple-Choice

13) All classes of nutrients are involved in forming and maintaining the body's structure EXCEPT

a) carbohydrates.
b) lipids.
c) minerals.
d) vitamins.

Answer: d

Difficulty: Hard

Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: Multiple-Choice

14) The three main functions of nutrients include all of the following EXCEPT

a) contributing to the structure of our body.
b) providing us with energy.
c) regulating biological processes in the body.
d) speeding up our metabolism.

Answer: d

Difficulty: Medium
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.2 Discuss the three functions of nutrients in the body.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: Multiple-Choice

15) Gram per gram, _____ provide the most kcalories.

a) alcohol
b) carbohydrates
c) lipids
d) proteins

Answer: c

Difficulty: Easy
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.2 Discuss the three functions of nutrients in the body.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: Multiple-Choice

16) Which of the following is associated with overnutrition?

a) anemia
b) failure to thrive
c) obesity
d) osteoporosis

Answer: c

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.1 Describe the causes of malnutrition.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: Multiple-Choice

17) Osteoporosis develops from a deficient intake of

a) calcium.
b) iron.
c) vitamin A.
d) vitamin C.

Answer: a

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.1 Describe the causes of malnutrition.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: Multiple-Choice

18) Scurvy is caused by a deficient intake of

a) iron.
b) vitamin A.
b) vitamin C.
d) vitamin D.

Answer: c

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.1 Describe the causes of malnutrition.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: Multiple-Choice

19) Some nutrient deficiencies occur quickly, whereas others take more time to develop. Which of the following nutrient deficiencies are listed in the order reflecting most quickly to least quickly?

a) dehydration, osteoporosis, scurvy
b) scurvy, dehydration, osteoporosis
c) osteoporosis, dehydration, scurvy
d) dehydration, scurvy, osteoporosis

Answer: d

Difficulty: Hard
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.2 Explain ways in which nutrient intake can affect health in both the short term and the long term.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: Multiple-Choice

20) The leading causes of death in the United States are

a) infectious diseases.
b) diseases related to alcohol and smoking.
c) diseases related to undernutrition.
d) diseases related to a poor diet.

Answer: d

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.2 Explain ways in which nutrient intake can affect health in both the short term and the long term.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: Multiple-Choice

21) Ethan achieves his recommended intake of vegetables by eating a large baked potato every day. Which principle is he NOT achieving?

a) balance
b) moderation
c) nutrient density
d) variety

Answer: d

Difficulty: Medium
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.1 List three reasons it is important to eat a variety of foods.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: Multiple-Choice

22) Taking a long afternoon walk if you eat some extra fries illustrates the concept of

a) balance.

b) moderation.
c) nutrient density.
d) variety.

Answer: a

Difficulty: Medium
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.1 List three reasons it is important to eat a variety of foods.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: Multiple-Choice

23) When planning her meals for the week, Maria incorporates protein from fish, beans, chicken, and tofu. What concept is she demonstrating?

a) balance
b) moderation
c) nutrient density
d) variety

Answer: d

Difficulty: Medium
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.2 Explain why you can sometimes eat foods that are low in nutrient density and still have a healthy diet.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: Multiple-Choice

24) Sharing a restaurant entrée or dessert with your dinner companion is an example of

a) balance.
b) moderation.
c) nutrient density.

d) variety.

Answer: b

Difficulty: Hard
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.2 Explain why you can sometimes eat foods that are low in nutrient density and still have a healthy diet.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: Multiple-Choice

25) Which of the following represents the correct order of steps of the scientific method?

a) conduct the experiment, develop a hypothesis, form a theory, make an observation
b) develop a hypothesis, conduct the experiment, make an observation, form a theory
c) form a theory, conduct the experiment, develop a hypothesis, make an observation
d) make an observation, develop a hypothesis, conduct the experiment, form a theory

Answer: d

Difficulty: Hard
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.1 List the steps of the scientific method and give an example of how it is used in nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

26) In nutrition, the scientific method is used to do all of the following EXCEPT to

a) develop nutrient recommendations.
b) learn about the role of nutrition in promoting health and preventing disease.
c) understand the functions of nutrients.
d) validate a theory using a single study.

Answer: d

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.1 List the steps of the scientific method and give an example of how it is used in nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

27) The observations and hypotheses that arise from epidemiology can be tested through

a) clinical trials.
b) control group design.
c) experimental group design.
d) the peer review process.

Answer: a

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.2 Discuss three different types of experiments used to study nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

28) _____ are studies that explore the effects of altering people's diets.

a) Animal studies
b) Clinical trials
c) Epidemiological studies
d) Molecular biology studies

Answer: b

Difficulty: Medium

Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.2 Discuss three different types of experiments used to study nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

29) One factor that has made it difficult for the American population to practice moderation with calorie intake is

a) sedentary lifestyles.
b) lack of diversity in protein sources.
c) eating the same foods every day.
d) bigger portion sizes.

Answer: d

Difficulty: Hard
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.3 Discuss how dietary moderation can reduce the risk of chronic disease.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: Multiple-Choice

30) In a scientific experiment, the group of participants used as a basis of comparison is the _____ group.

a) control
b) experimental
c) placebo
d) treatment

Answer: a

Difficulty: Medium

Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.3 Describe the components of a sound scientific experiment.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

31) Which of the following is NOT a peer-reviewed journal?

a) *The American Journal of Clinical Nutrition*
b) *The International Journal of Sport Nutrition*
c) *The Journal of the American Dietetic Association*
d) *Men's Health*

Answer: d

Difficulty: Easy
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.4 Distinguish between reliable and unreliable nutrition information.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

32) All of the following statements are true regarding components of a nutrition study that provides reliable information EXCEPT that

a) data must be quantifiable.
b) proper experimental controls should be used.
c) personal testimonials are appropriate type of data to collect.
d) the data must be interpreted accurately

Answer: c

Difficulty: Hard
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.3 Describe the components of a sound scientific experiment.

Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

33) After a nutrition experiment is completed, a report describing the project is read, analyzed, and evaluated by two or more researchers who were not involved in the research study. These researchers examine it to ensure that the experiment was not flawed and that the results were interpreted correctly before the article is published. This process is called a(n)

a) experimental consultation.
b) experimental design.
c) journal critique.
d) peer review.

Answer: d

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.3 Describe the components of a sound scientific experiment.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

34) Out of the following factors to consider, which is the LEAST important when selecting a reliable source for nutrition information?

a) how many people authored the study report
b) how the study was funded
c) the design of the study
d) what type of literature the study was published in

Answer: a

Difficulty: Hard
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.4 Distinguish between reliable and unreliable nutrition information.

Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

35) Professionals who are certified to provide nutrition education and counseling and considered a reliable source of nutrition information are called

a) nutritionists.
b) registered dietitian nutritionists.
c) health coaches.
d) nutrition researchers.

Answer: b

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.4 Distinguish between reliable and unreliable nutrition information.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: True-False

36) Foods with a high nutrient density contain more nutrients per calorie than do foods with a lower nutrient density.

Answer: True

Difficulty: Easy
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.1 Define nutrient density.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

37) Typically, less processed foods have a lower nutrient density.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.1 Define nutrient density.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

38) A slice of apple pie has the same nutrient density as eating a medium-size apple.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.1 Define nutrient density.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

39) In terms of health benefits, taking dietary supplements is equivalent to eating a healthy diet.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.2 Compare fortified foods with dietary supplements as sources of nutrients.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

40) Phytochemicals are essential nutrients found in plant foods.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.3 Distinguish essential nutrients from phytochemicals.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

41) Voluntarily fortified foods are designed to address nutrient deficiencies within the population.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.2 Compare fortified foods with dietary supplements as sources of nutrients.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

42) The simplest functional foods are unmodified whole foods, such as broccoli, blueberries, and salmon.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.

Learning Objective 2: 1.1.3 Distinguish essential nutrients from phytochemicals.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

43) Food provides sensory pleasure and helps to meet our emotional needs.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.4 Identify factors in your food environment that influence your food choices.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

44) Food preferences and eating habits are learned as part of an individual's family, cultural, national, and social background.

Answer: True

Difficulty: Easy
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.4 Identify factors in your food environment that influence your food choices.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: True-False

45) Minerals are classified as micronutrients.

Answer: True

Difficulty: Easy
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: True-False

46) Carbohydrates, lipids, and proteins are organic compounds that provide energy to the body.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: True-False

47) Minerals are organic molecules that are needed in small amounts to maintain health.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: True-False

48) Water makes up about 60% of an adult’s body weight.

Answer: True

Difficulty: Easy
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: True-False

49) Water, vitamins, and minerals do NOT provide energy.

Answer: True

Difficulty: Easy
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.2 Discuss the three functions of nutrients in the body.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: True-False

50) Alcohol provides about 7 calories per gram but is NOT considered a nutrient.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.2 Discuss the three functions of nutrients in the body.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: True-False

51) All six classes of nutrients play important roles in regulating body processes.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.2 Discuss the three functions of nutrients in the body.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: True-False

52) Over time, consuming excess or insufficient amounts of one or more nutrients can result in malnutrition.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.1 Describe the causes of malnutrition.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: True-False

53) Obesity is a form of malnutrition that increases the risk of a variety of other nutrition-related chronic diseases that can contribute to death.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.1 Describe the causes of malnutrition.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: True-False

54) Dehydration can cause symptoms in a matter of hours.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.1 Describe the causes of malnutrition.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: True-False

55) Chronic overconsumption of kcalories and certain nutrients from foods can cause health problems.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.1 Describe the causes of malnutrition.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: True-False

56) Deaths related to smoking and alcohol consumption are the leading causes of death in the United States.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.2 Explain ways in which nutrient intake can affect health in both the short term and the long term.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: True-False

57) The unique combination of that genes each person inherits may explain why one individual who eats an average amount of sodium develops high blood pressure while another individual who consumes higher amounts of sodium has a minimal rise in blood pressure.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.3 Discuss how the genes you inherit affect the impact your diet has on your health.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: True-False

58) Nutrigenomics explores the interaction between genetic variation and nutrition.

Answer: True

Difficulty: Easy
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.3 Discuss how the genes you inherit affect the impact your diet has on your health.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: True-False

59) A healthy diet is based on variety, balance, and moderation.

Answer: True

Difficulty: Easy

Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.1 List three reasons it is important to eat a variety of foods.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: True-False

60) There is no single food that can provide all the nutrients the body needs for optimal health.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.1 List three reasons it is important to eat a variety of foods.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: True-False

61) Choosing a smaller burger over a Big Mac is an example of moderation.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.1 List three reasons it is important to eat a variety of foods.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: True-False

62) Making varied choices from different food groups and from within each group is important because nutrients and other food components interact.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.1 List three reasons it is important to eat a variety of foods.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: True-False

63) Healthy eating requires giving up your favorite foods that are lower in nutrient density.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.2 Explain why you can sometimes eat foods that are low in nutrient density and still have a healthy diet.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: True-False

64) A varied diet also balances the calories you take in with the calories you use up in your daily activities so that your body weight stays in the health range.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.4 Describe the basic considerations in a healthy diet, including variety, balance, and moderation.
Learning Objective 2: 1.4.2 Explain why you can sometimes eat foods that are low in nutrient density and still have a healthy diet.
Section Reference 1: Section 1.4 Choosing a Healthy Diet

Question type: True-False

65) A hypothesis is a proposed explanation for an observation or scientific problem that can be tested through experimentation.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.1 List the steps of the scientific method and give an example of how it is used in nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: True-False

66) Even if new information becomes available, a theory that has been widely accepted by the scientific community for years is rarely changed or reconsidered.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.1 List the steps of the scientific method and give an example of how it is used in nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: True-False

67) Results from a single experiment are NOT enough to develop a theory.

Answer: True

Difficulty: Medium
Learning Objective 1:

Learning Objective 2: 1.5.1 List the steps of the scientific method and give an example of how it is used in nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: True-False

68) Epidemiological studies determine cause-and-effect relationships.

Answer: False

Difficulty: Hard
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.2 Discuss three different types of experiments used to study nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: True-False

69) Evidence-based practice uses recommendations and policies regarding nutrition and healthcare practices that are made by compiling the evidence from well-controlled, peer-reviewed studies.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.2 Discuss three different types of experiments used to study nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: True-False

70) In the scientific method, the experimental group acts as the standard of comparison for the variable being studied.

Answer: False

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.2 Discuss three different types of experiments used to study nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: True-False

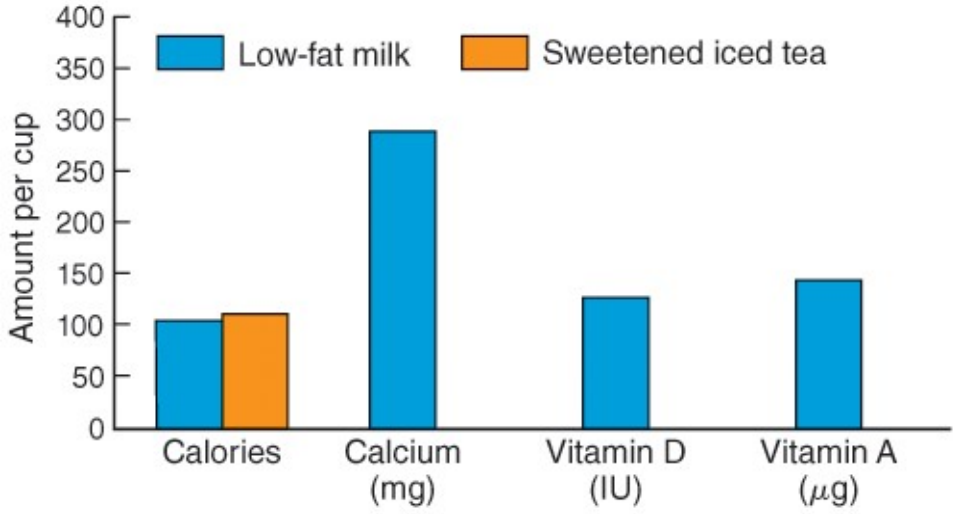
71) Reliable nutrition information and current dietary recommendations are based on results of scientific, peer-reviewed research.

Answer: True

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.4 Distinguish between reliable and unreliable nutrition information.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: True-False

72) According to the graph, 1 cup of sweetened iced tea is more nutrient dense for calcium and potassium, but not vitamin D as compared to 1 cup of low-fat milk.



Answer: False

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.1 Define nutrient density.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

73) Which of the following is an example of a food desert?

a) a rural area whose weather conditions greatly limit farming of produce and livestock
b) an inner-city neighborhood where convenience stores are the only places to buy food
c) an urban area with no access to fast food or quick-service restaurants
d) a dry, arid stretch of land that is usually uninhabitable

Answer: b

Difficulty: Hard
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.4 Identify factors in your food environment that influence your food choices.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

74) The branch of science that studies health trends and disease patterns in populations is called

a) molecular biology.
b) immunology.
c) epidemiology.
d) nutrition.

Answer: c

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.2 Discuss three different types of experiments used to study nutrition.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

75) Which of the following is an energy-yielding nutrient?

a) starch
b) alcohol
c) calcium
d) water

Answer: a

Difficulty: Hard
Learning Objective 1: 1.2 List the six classes of nutrients and their functions.
Learning Objective 2: 1.2.1 List the six classes of nutrients.
Section Reference 1: Section 1.2 Nutrients and Their Functions

Question type: Multiple-Choice

76) Which of the following is the best example of choosing a more nutrient-dense food choice over a less nutrient-dense food choice?

a) swapping a hamburger for chicken nuggets
b) eating an orange instead of drinking a glass of orange juice
c) avoiding all caffeinated drinks
d) drinking apple juice instead of eating apple slices

Answer: b

Difficulty: Hard
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.1 Define nutrient density.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

77) Most people take dietary supplements based on

a) personal preference.
b) a recommendation of a healthcare provider.
c) detecting early signs of malnutrition.
d) federal government recommendations.

Answer: a

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.4 Identify factors in your food environment that influence your food choices.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

78) Which of the following is a correct statement about undernutrition?

a) A person with a mild nutrient deficiency may appear healthy and normal.
b) Undernutrition is apparent by a loss of body fat and muscle wasting.
c) Deficiencies develop over a period of several months.
d) Undernutrition during childhood has little impact on health later in adulthood.

Answer: a

Difficulty: Hard
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.2 Explain ways in which nutrient intake can affect health in both the short term and the long term.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: Multiple-Choice

79) Nutrient toxicities are most likely to occur from

a) eating foods that have mandated fortification.
b) consuming too many functional foods.
c) eating foods that have voluntary fortification.
d) taking large doses of vitamin and mineral supplements.

Answer: d

Difficulty: Hard
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2:1.1.2 Compare fortified foods with dietary supplements as sources of nutrients.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

80) Prescribing a diet based on an individual's genetic makeup in order to prevent, moderate, or cure chronic diseases is the goal of a new concept referred to as

a) genetic counseling.

b) personalized nutrition.
c) molecular nutrition.
d) epidemiological counseling.

Answer: b

Difficulty: Medium
Learning Objective 1: 1.3 Explain the different kinds of malnutrition and the relationship between diet and your genes on health.
Learning Objective 2: 1.3.3 Discuss how the genes you inherit affect the impact your diet has on your health.
Section Reference 1: Section 1.3 Nutrition in Health and Disease

Question type: Multiple-Choice

81) All of the following are things that may tip you off to misinformation in advertisements EXCEPT

a) claims that sound too good to be true.
b) advertisements that use a celebrity endorser.
c) claims that a product is new or untested.
d) health recommendations from a not-for-profit health organization.

Answer: d

Difficulty: Medium
Learning Objective 1: 1.5 Describe how the scientific method can be applied to the evaluation of nutrition information.
Learning Objective 2: 1.5.4 Distinguish between reliable and unreliable nutrition information.
Section Reference 1: Section 1.5 Evaluating Nutrition Information

Question type: Multiple-Choice

82) Another name for functional foods is

a) nutraceuticals.
b) fortified foods.
c) enriched foods.

d) zoochemicals.

Answer: a

Difficulty: Medium
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2:1.1.2 Compare fortified foods with dietary supplements as sources of nutrients.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake

Question type: Multiple-Choice

83) The red and purple pigments found in purple grapes, berries, and cherries called flavonoids that prevent oxygen damage and may reduce the risk of cancer and heart disease are an example of

a) zoochemicals.
b) nutraceuticals.
c) phytochemicals.
d) fortification.

Answer: c

Difficulty: Hard
Learning Objective 1: 1.1 Describe the nutrients found in foods and the importance of sensible food choices for health.
Learning Objective 2: 1.1.3 Distinguish essential nutrients from phytochemicals.
Section Reference 1: Section 1.1 Food Choices and Nutrient Intake