

Chapter 01 Nutrition, Food Choices, and Health

Multiple Choice Questions

1. Recent surveys indicate that the most commonly purchased foods in America are
- A. pizza, soft drinks, cheesburgers, and French fries.
 - B. milk, ready-to-eat cereal, bottled water, soft drinks, and bread.**
 - C. tacos, bagels, bottled water, and ice cream.
 - D. fried chicken, ribs, beer, and donuts.

Blooms Level: 1. Remember

Learning Outcome: 01.06 List the major characteristics of the North American diet, the food habits that often need improvement, and the key "Nutrition and Weight Status" objectives of the Healthy People 2020 report.

Section: 01.01 Why Do You Choose the Food You Eat?

Topic: Demographic trends and statistics

2. Which of the following is not a class of essential nutrients?
- A. Alcohol**
 - B. Carbohydrates
 - C. Lipids
 - D. Minerals

Blooms Level: 2. Understand

Learning Outcome: 01.03 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, phytochemical, kilocalorie (kcal), and fiber.

Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

Chapter 01 - Nutrition, Food Choices, and Health

3.

Which of the following is the leading nutrition-related cause of death in the United States?

A. Diabetes

B.

Pneumonia

C.

Heart disease

D. Cancer

Blooms Level: 1. Remember

Learning Outcome: 01.02 Identify diet and lifestyle factors that contribute to the 15 leading causes of death in North America.

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Demographic trends and statistics

4. Which of the following nutrients can directly supply energy for human use?

A. Lipids and oils

B. Fiber

C. Vitamins

D. Minerals

Blooms Level: 1. Remember

Learning Outcome: 01.04 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients, convert English to metric units, and calculate percentages, such as percent of calories from fat in a diet.

Section: 01.04 What Math Concepts Will Aid Your Study of Nutrition?

Topic: Nutrition basics

5. Certain nutrients provide us with energy. Some are important for growth and development. Others act to keep body functions running smoothly. Which of the following nutrients does not promote growth and development as its primary function?

- A. Lipids
- B. Carbohydrates**
- C. Proteins
- D. Minerals

Blooms Level: 1. Remember

Learning Outcome: 01.03 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water; phytochemical, kilocalorie (kcal), and fiber.

Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

6. What substances, present in fruits and vegetables, provide significant health benefits such as reducing the risk of cancer?

- A. Phytochemicals**
- B. Beta blockers
- C. Deoxidizers
- D. Free radicals

Blooms Level: 1. Remember

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Phytochemicals

7. The *essential* nutrients

- A. must be consumed at every meal.
- B. are required for infants but not adults.
- C. can be made in the body when they are needed.
- D. cannot be made by the body and therefore must be consumed to maintain health.**

Blooms Level: 1. Remember

Learning Outcome: 01.03 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water; phytochemical, kilocalorie (kcal), and fiber.

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

8. The Food and Nutrition Board (FNB) of the National Academy of Sciences advocates that 10% to 35% of calories come from protein and _____ from carbohydrate.

- A. 20% to 35%
- B. 45% to 65%**
- C. 50% to 70%
- D. 55% to 75%

Blooms Level: 1. Remember

Learning Outcome: 01.06 List the major characteristics of the North American diet, the food habits that often need improvement, and the key "Nutrition and Weight Status" objectives of the Healthy People 2020 report.

Section: 01.06 What Is the Current State of the North American Diet and Health?

Topic: Nutrition basics

9. Fibers belong to the class of nutrients known as

- A. carbohydrates.**
- B. protein.
- C. lipids.
- D. minerals.

Blooms Level: 2. Understand

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

10. Which of the following is a characteristic of vitamins?

- A. Provide energy
- B. Become structural components of the body
- C. Enable chemical processes in the body**
- D. Made in sufficient quantities by the body

Blooms Level: 1. Remember

Learning Outcome: 01.03 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water; phytochemical, kilocalorie (kcal), and fiber.

Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

Chapter 01 - Nutrition, Food Choices, and Health

11. Minerals can
- A. provide energy.
 - B. be destroyed during cooking.
 - C. be degraded by the body.
 - D. become part of the body structural systems.**

Blooms Level: 1. Remember

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

12. Which of the following is not a characteristic of carbohydrates?
- A. Contain more kilocalories than protein**
 - B. Supply 4 kilocalories per gram
 - C. Add sweetness to food
 - D. Provide a major source of fuel for the body

Blooms Level: 1. Remember

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

13. Which of the following is characteristic of lipids?
- A. Supply 4 kilocalories per gram
 - B. Add structural strength to bones and muscles
 - C. Supply a concentrated form of fuel for the body**
 - D. Add sweetness to food

Blooms Level: 1. Remember

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

14. A warning sign or symptom of alcohol poisoning is

- A. semiconsciousness or unconsciousness.
- B. rapid breathing.
- C. skin that is hot to the touch.
- D. insomnia.

Blooms Level: 2. Understand

Learning Outcome: 01.08 Identify food and nutrition issues relevant to college students.

Section: Nutrition and Your Health

Topic: Nutrition basics

15. Gram for gram, which provides the most energy?

- A. Carbohydrates
- B. Proteins
- C. Alcohol
- D. Fats

Blooms Level: 2. Understand

Learning Outcome: 01.04 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients, convert English to metric units, and calculate percentages, such as percent of calories from fat in a diet.

Section: 01.04 What Math Concepts Will Aid Your Study of Nutrition?

Topic: Nutrition basics

16. Which of the following is not a characteristic of protein?

- A. Major component of body structure
- B. Supplies 4 kilocalories per gram
- C. Most significant energy source for humans
- D. Forms enzymes

Blooms Level: 1. Remember

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

17. Which of the following yield greater than 4 kilocalories per gram?

- A.** Plant fats
- B. Plant carbohydrates
- C. Plant proteins
- D. Animal proteins

Blooms Level: 2. Understand

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Section: 01.04 What Math Concepts Will Aid Your Study of Nutrition?

Topic: Nutrition basics

18. Which of the following is not true about water?

- A.** Provides energy
- B. Provides a way to transport nutrients and wastes
- C. By-product of cell chemical reactions
- D. Dietary need of approximately 9-13 cups per day

Blooms Level: 1. Remember

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

19. Which of the following is true about the energy content of nutrients?

- A. Lipids supply 7 kilocalories per gram.
- B.** Carbohydrates and proteins supply 4 kilocalories per gram.
- C. Alcohol supplies 9 kilocalories per gram.
- D. Lipids and alcohol supply 9 kilocalories per gram.

Blooms Level: 1. Remember

Learning Outcome: 01.04 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients, convert English to metric units, and calculate percentages, such as percent of calories from fat in a diet.

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Topic: Nutrition basics

20. A kilocalorie is a measure of

- A. heat energy.
- B. fat in food.
- C. nutrients in food.
- D. sugar and fat in food.

Blooms Level: 1. Remember

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21. A serving of bleu cheese dressing containing 23 grams of fat would yield _____ kilocalories from fat.

- A. 161
- B. 92
- C. 207
- D. 255

23 grams of fat x 9 kcal/g = 207 kcal from fat.

Blooms Level: 3. Apply

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Topic: Nutrition computations

22. A meal consisting of a cheeseburger, large fries, and a chocolate shake provides a total of 1,120 kilocalories. Forty-eight percent of the energy in the meal is from carbohydrate and 13 percent is from protein. How many kilocalories of fat does the meal contain?

- A. 137
- B. 313
- C. 287
- D. 437**

$100\% - 48\% \text{ of kcal from carbohydrates} - 13\% \text{ of kcal from protein} = 39\% \text{ of kcal from fat.}$
 $1120 \text{ kcal} \times 0.39 = 437 \text{ kcal from fat.}$

Blooms Level: 3. Apply

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23. A large hamburger (e.g., Whopper) sandwich contains 628 kilocalories and 36 grams of fat. Approximately what percentage of the total energy is contributed by fat?

- A. 23%
- B. 52%**
- C. 19%
- D. 41%

$36 \text{ grams of fat} \times 9 \text{ kcal/g} = 324 \text{ kcal from fat.}$
 $324 \text{ kcal from fat} / 628 \text{ total kcal} = 0.52 = 52\% \text{ of kcal from fat.}$

Blooms Level: 3. Apply

Learning Outcome: 01.04 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients, convert English to metric units, and calculate percentages, such as percent of calories from fat in a diet.

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Topic: Nutrition computations

24. Which of the following does not regulate body processes?

- A. Proteins
- B. Carbohydrates**
- C. Water
- D. Vitamins

Blooms Level: 2. Understand

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

25. Which of the following are substances in plant foods that are not digested in the stomach or small intestine?

- A. Dextrose
- B. Disaccharides
- C. Dietary fiber**
- D. Simple sugars

Blooms Level: 2. Understand

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Topic: Nutrition basics

26. *Healthy People 2020* was designed to

- A. eliminate health disparities, improve access to health education and quality health care, and strengthen public health services.**
- B. disclose dietary practices that best support health.
- C. prevent chronic disease.
- D. eliminate dietary inadequacies and excesses, and to encourage healthful practices.

Blooms Level: 1. Remember

Learning Outcome: 01.06 List the major characteristics of the North American diet, the food habits that often need improvement, and the key "Nutrition and Weight Status" objectives of the Healthy People 2020 report.

Section: 01.06 What Is the Current State of the North American Diet and Health?

Topic: Public health and nutrition

27. Which of the following is true about the North American diet?

- A. Most of our protein comes from plant sources.
- B. Approximately half of our carbohydrates come from simple sugars.**
- C. Most of our fats come from plant sources.
- D. Most of our carbohydrates come from fibers.

Blooms Level: 1. Remember

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Topic: Demographic trends and statistics

28.

The "Freshman 15" is the term used to describe the

- A. typical waist circumference of college students after freshman year.
- B. typical body fat percentage of college students after freshman year.
- C. amount of weight (in pounds) typically gained during freshman year of college.**
- D. typical BMI of college students after freshman year.

Blooms Level: 1. Remember

Learning Outcome: 01.08 Identify food and nutrition issues relevant to college students.

Section: Nutrition and Your Health

Topic: Nutrition basics

29. Which of the following contain no calories?

- A. Alcohol
- B. Proteins
- C. Carbohydrates
- D. Vitamins**

Blooms Level: 1. Remember

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

30. Which of the following is not a simple carbohydrate?

- A. Starch
- B. Table sugar
- C. Disaccharide
- D. Monosaccharide

Blooms Level: 2. Understand

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Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

31. Which of the following includes all energy-yielding substances?

- A. Carbohydrates, lipids, protein
- B. Vitamins, minerals, carbohydrates, lipids, protein
- C. Alcohol, carbohydrates, lipids, protein
- D. Carbohydrates, lipids, protein, vitamins, minerals, water

Blooms Level: 2. Understand

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32. Which of the following is not a nutrition and weight status objective from *Healthy People 2020*?

- A. Reduce the proportion of adults who are obese.
- B. Increase the contribution of fruits to the diet.
- C. Increase the contribution of whole grains to the diet.
- D. Increase the consumption of protein.

Blooms Level: 2. Understand

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Section: 01.06 What Is the Current State of the North American Diet and Health?

Topic: Public health and nutrition

33. Which of the following terms describes psychological influences that encourage us to find and eat food?

- A. Appetite
- B. Hunger
- C. Satiety
- D.

Saturation

Blooms Level: 1. Remember

Learning Outcome: 01.01 Describe how our food habits are affected by the flavor, texture, and appearance of food; routines and habits; early experiences and customs; advertising; nutrition and health concerns; restaurants; social changes; and economic, as well as physiological processes affected by meal size and composition.

Section: 01.01 Why Do You Choose the Food You Eat?

Topic: Hunger and appetite

34. Current factors that can influence American food habits negatively are

- A. more offerings of chicken and fish in restaurants as alternatives to beef.
- B. social changes that are leading to a general time shortage for many of us.
- C. the variety of new, low fat products in the supermarket.
- D. more published information on the nutritional content of fast foods.

Blooms Level: 2. Understand

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Section: 01.01 Why Do You Choose the Food You Eat?

Topic: Hunger and appetite

35. Recent studies clearly indicate an association between TV advertising of foods and drinks and _____, especially in the United States.

- A. dollars spent for food in restaurants
- B. purchase of more nutritious products from grocery stores
- C. the prevalence of childhood obesity
- D. the number of meals eaten at home

Blooms Level: 2. Understand

Learning Outcome: 01.01 Describe how our food habits are affected by the flavor, texture, and appearance of food; routines and habits; early experiences and customs; advertising; nutrition and health concerns; restaurants; social changes; and economic, as well as physiological processes affected by meal size and composition.

Section: 01.01 Why Do You Choose the Food You Eat?

Topic: Hunger and appetite

Matching Questions

36. Match the following terms with their definitions.

1. Obesity	The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen	<u>13</u>
2. Hunger	Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly	<u>12</u>
3. Kilocalorie	Heat needed to raise 1 liter of water 1 degree Celsius	<u>3</u>
4. Satiety	Psychological (external) influences that encourage us to find and eat food	<u>7</u>
5. Enzyme	Organic compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body	<u>14</u>
6. Nutrients	Chemical substances in food that contribute to health.	<u>6</u>
7. Appetite	Physiological (internal) drive to find and eat food, mostly regulated by innate cues to eating	<u>2</u>
8. Hypertension	Chemical elements used in the body to promote chemical reactions and to form body structures	<u>11</u>
9. Genes	An aspect of our lives that may make us more likely to develop a disease	<u>10</u>
10. Risk factor	Compound that speeds the rate of a chemical process but is not altered by the process	<u>5</u>
11. Minerals	State in which there is no longer a desire to eat; a feeling of satisfaction	<u>4</u>
12. Phytochemicals	Compound secreted into the bloodstream that acts to control the function of distant cells	<u>15</u>
13. Amino acid	Hereditary material that provides the blueprints for the production of cell proteins	<u>9</u>
14. Vitamins	A condition characterized by excess body fat	<u>1</u>
15. Hormone	A condition in which blood pressure remains persistently elevated.	<u>8</u>

Blooms Level: 1. Remember

Learning Outcome: 01.03 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, phytochemical, kilocalorie (kcal), and fiber.

Section: 01.01 Why Do You Choose the Food You Eat?

Section: 01.02 How Is Nutrition Connected to Good Health?

Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

Multiple Choice Questions

Chapter 01 - Nutrition, Food Choices, and Health

37. It is estimated that obesity kills more than _____ Americans a year.
- A. 20,000
 - B. 50,000
 - C. 150,000
 - D.** 200,000

Blooms Level: 1. Remember

Learning Outcome: 01.06 List the major characteristics of the North American diet, the food habits that often need improvement, and the key "Nutrition and Weight Status" objectives of the Healthy People 2020 report.

Section: 01.06 What Is the Current State of the North American Diet and Health?

Topic: Demographic trends and statistics

38. Which of the following is not one of the six categories of Healthy People 2020: Nutrition and Weight Status Objectives?
- A. Healthier Food Access
 - B. Food Insecurity
 - C. Iron Deficiency
 - D.** Calcium Deficiency

Blooms Level: 1. Remember

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Section: 01.06 What Is the Current State of the North American Diet and Health?

Topic: Public health and nutrition

39. The 2012 Food and Health Survey indicated that after taste, _____ is now the number two reason why people choose the food they do.
- A. nutrition
 - B. convenience
 - C.** cost

Blooms Level: 1. Remember

Learning Outcome: 01.01 Describe how our food habits are affected by the flavor, texture, and appearance of food; routines and habits; early experiences and customs; advertising; nutrition and health concerns; restaurants; social changes; and economic, as well as physiological processes affected by meal size and composition.

Section: 01.01 Why Do You Choose the Food You Eat?

Topic: Hunger and appetite

True / False Questions

40. The cruciferous vegetables include broccoli, cabbage, and kale.

TRUE

Blooms Level: 1. Remember

Learning Outcome: 01.03 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, phytochemical, kilocalorie (kcal), and fiber.

Section: 01.03 What Are the Classes and Sources of Nutrients?

Multiple Choice Questions

41. To reduce their risk for many chronic diseases, Americans should limit their intakes of

A. phytochemicals.

B. whole grains.

C. water.

D. solid fats.

Blooms Level: 2. Understand

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Section: 01.06 What Is the Current State of the North American Diet and Health?

Topic: Nutrition basics

Check All That Apply Questions

42.

Water would be adequate for replenishing lost fluids for which of the following athletes?

☒ A runner who completes a 5-kilometer race in 28 minutes.

☒ A swimmer who trains in the pool for 45 minutes.

☐ A runner who completes a half marathon in 1 hour and 45 minutes.

☐ A cyclist who completes a 50-mile route in 5 hours.

Blooms Level: 2. Understand

Learning Outcome: 01.08 Identify food and nutrition issues relevant to college students.

Section: Nutrition and Your Health

Topic: Nutrition basics

Chapter 01 - Nutrition, Food Choices, and Health

43.

Which of the following adults is engaging in binge drinking?

- ☐ A woman who drinks two 12-fl oz cans of beer while eating steamed crabs.
- ☐ A man who drinks four shots of whiskey at a bachelor party.
- ☒ A woman who drinks six 5-fl oz glasses of wine at a cocktail party.
- ☒ A man who drinks a six-pack of 12-fl oz bottles of beer at a cookout.

Blooms Level: 5. Evaluate

Learning Outcome: 01.08 Identify food and nutrition issues relevant to college students.

Section: Nutrition and Your Health

Topic: Nutrition basics

44.

Which of the following are among the six classes of essential nutrients?

- ☒ water
- ☐ phytochemicals
- ☒ protein
- ☐ alcohol

Blooms Level: 1. Remember

Learning Outcome: 01.03 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water; phytochemical, kilocalorie (kcal), and fiber.

Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Nutrition basics

45. Which of the following are examples of phytochemicals?

- ☒ carotenoids
- ☒ flavonoids
- ☒ resveratrol
- ☐

cholesterol

Blooms Level: 2. Understand

Learning Outcome: 01.03 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water; phytochemical, kilocalorie (kcal), and fiber.

Section: 01.03 What Are the Classes and Sources of Nutrients?

Topic: Phytochemicals

Multiple Choice Questions

Chapter 01 - Nutrition, Food Choices, and Health

46.

When in Europe, you are told that you are eating a steak weighing 140 grams. This is equivalent to how many ounces?

A.

5 ounces

B.

3920 ounces

C.

8.75 ounces

D.

1.4 ounces

Blooms Level: 3. Apply

Learning Outcome: 01.04 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients, convert English to metric units, and calculate percentages, such as percent of calories from fat in a diet.

Section: 01.04 What Math Concepts Will Aid Your Study of Nutrition?

Topic: Nutrition computations

47. Pat purchases a 2-liter bottle of root beer. This would be approximately

A. 4 cups.

B. 2 pints.

C. 2 quarts.

D. 2 gallons.

Blooms Level: 3. Apply

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Chapter 01 - Nutrition, Food Choices, and Health

48. Nutrition is

- A. the study of diet and disease patterns among various populations.
- B. the practice of eating only healthy foods.
- C. the science that links food to health and disease.
- D.

the use of dietary supplements to cure diseases.

Blooms Level: 1. Remember

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Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

49. On average, Americans consume approximately _____% of total kilocalories as fat.

- A. 50
- B. 20
- C. 33
- D. 28

Blooms Level: 1. Remember

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Section: 01.06 What Is the Current State of the North American Diet and Health?

Topic: Demographic trends and statistics

Check All That Apply Questions

50.

Which of the following nutrients can be broken down to provide energy?

- ☒ carbohydrate
- ☒ protein
- ☒ fat
- ☐ vitamins

Blooms Level: 1. Remember

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Multiple Choice Questions

51. Which class of nutrients comprises 60% of body weight?

- ☒ A. water
- ☐ B. minerals
- ☐ C. carbohydrate
- ☐ D. protein

Blooms Level: 1. Remember

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Topic: Nutrition basics

Check All That Apply Questions

52.

Which of the following are functions of the essential nutrients?

- ☒ Provide energy
- ☒ Promote growth, development, and maintenance
- ☒ Regulate body processes
- ☐ Treat or cure diseases

Blooms Level: 1. Remember

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Multiple Choice Questions

Chapter 01 - Nutrition, Food Choices, and Health

53.

One cup of chocolate milk contains 15 grams of carbohydrates, 8 grams of fat, and 8 grams of protein. This cup of chocolate milk supplies _____ kilocalories.

A.

164

B.

279

C.

124

D.

31

Blooms Level: 3. Apply

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Topic: Nutrition computations

Chapter 01 - Nutrition, Food Choices, and Health

54.

A weight reduction regimen calls for a daily intake of 1400 kilocalories and 30 grams of fat. Approximately _____ of the total energy is provided by fat.

A.

9%

B.

15%

C.

19%

D.

2%

Blooms Level: 3. Apply

Learning Outcome: 01.04 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients, convert English to metric units, and calculate percentages, such as percent of calories from fat in a diet.

Section: 01.04 What Math Concepts Will Aid Your Study of Nutrition?

Topic: Nutrition computations

Chapter 01 - Nutrition, Food Choices, and Health

55.

Shelby weighs 70 kilograms, which is _____ pounds.

A.

196

B.

154

C.

32

D.

280

Blooms Level: 3. Apply

Learning Outcome: 01.04 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients, convert English to metric units, and calculate percentages, such as percent of calories from fat in a diet.

Section: 01.04 What Math Concepts Will Aid Your Study of Nutrition?

Topic: Nutrition computations

Check All That Apply Questions

56.

Which of the following are potential health consequences of eating disorders?

☒ loss of menstrual periods

☒ bone loss

☒ heart abnormalities

☐ high blood sugar

Blooms Level: 2. Understand

Learning Outcome: 01.08 Identify food and nutrition issues relevant to college students.

Section: Nutrition and Your Health

Topic: Nutrition basics

Multiple Choice Questions

57. When the cells of the _____ are stimulated, the desire to eat subsides.

- A. satiety center of the brain
- B. feeding center of the brain
- C. pancreas
- D. tastebuds of the tongue

Blooms Level: 2. Understand

Learning Outcome: 01.01 Describe how our food habits are affected by the flavor, texture, and appearance of food; routines and habits; early experiences and customs; advertising; nutrition and health concerns; restaurants; social changes; and economic, as well as physiological processes affected by meal size and composition.

Section: 01.01 Why Do You Choose the Food You Eat?

Topic: Hunger and appetite

58. A _____ is generally a fake medicine used to disguise the treatments of participants in an experiment.

- A. placebo
- B. hypothesis
- C. control
- D. case

Blooms Level: 1. Remember

Learning Outcome: 01.05 Understand the scientific method as it is used in developing hypotheses and theories in the field of nutrition, including the determination of nutrient needs.

Section: 01.05 How Do We Know What We Know About Nutrition?

Topic: Scientific method

59. Which of the following most accurately describes the term *epidemiology*?

- A. A test made to examine the validity of an educated guess
- B. An educated guess by a scientist to explain a phenomenon
- C. A study of how disease rates vary among different population groups
- D. An explanation for a phenomenon that has numerous lines of evidence to support it

Blooms Level: 1. Remember

Learning Outcome: 01.05 Understand the scientific method as it is used in developing hypotheses and theories in the field of nutrition, including the determination of nutrient needs.

Section: 01.05 How Do We Know What We Know About Nutrition?

Topic: Scientific method

60. Which of the following accurately describes the term *hypothesis*?

- A. A test made to examine the validity of an educated guess
- B. An educated guess by a scientist to explain a phenomenon**
- C. A study of how disease rates vary among different population groups
- D. An explanation for a phenomenon that has numerous lines of evidence to support it

Blooms Level: 1. Remember

Learning Outcome: 01.05 Understand the scientific method as it is used in developing hypotheses and theories in the field of nutrition, including the determination of nutrient needs.

Section: 01.05 How Do We Know What We Know About Nutrition?

Topic: Scientific method

61. Over the past 50 years, rates of _____ have declined among American adults.

- A. diabetes
- B. obesity
- C. cardiovascular disease
- D. death from cardiovascular disease**

Blooms Level: 1. Remember

Learning Outcome: 01.07 Describe a basic plan for health promotion and disease prevention, and what to expect from good nutrition and a healthy lifestyle.

Section: 01.07 What Can You Expect from Good Nutrition and a Healthy Lifestyle?

Topic: Demographic trends and statistics

True / False Questions

62. The health status of "baby boomers" appears lower than that of the previous generation.

TRUE

Blooms Level: 5. Evaluate

Learning Outcome: 01.06 List the major characteristics of the North American diet, the food habits that often need improvement, and the key "Nutrition and Weight Status" objectives of the Healthy People 2020 report.

Section: 01.06 What Is the Current State of the North American Diet and Health?

Topic: Demographic trends and statistics

Multiple Choice Questions

63.

In the _____ experimental design, neither the participants nor the researchers are aware of each participant's assignment (test or placebo) or the outcome of the study until it is completed.

- A. animal model
- B. case control
- C. double-blinded**
- D. clinical trial

Blooms Level: 2. Understand

Learning Outcome: 01.05 Understand the scientific method as it is used in developing hypotheses and theories in the field of nutrition, including the determination of nutrient needs.

Section: 01.05 How Do We Know What We Know About Nutrition?

Topic: Scientific method