

Wardlaw's Contemporary Nutrition, 11e (Smith)
Chapter 1 Nutrition, Food Choices, and Health

1) The 2015 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

Answer: C

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

Topic: Hunger and appetite

Bloom's: 1. Remember

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

Gradable: automatic

2) 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

Answer: C

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

Topic: Hunger and appetite

Bloom's: 2. Understand

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

Gradable: automatic

- 3) Which of the following trends has a negative effect on American food habits?
- 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) Widespread availability of information on the nutritional content of fast foods

Answer: B

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

Topic: Hunger and appetite

Bloom's: 2. Understand

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

Gradable: automatic

- 4) 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

Answer: A

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

Topic: Hunger and appetite

Bloom's: 2. Understand

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

Gradable: automatic

5) Which of the following terms describes *psychological* influences that encourage us to find and eat food?

- A) Appetite
- B) Hunger
- C) Satiety
- D) Saturation

Answer: A

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

Topic: Hunger and appetite

Bloom's: 1. Remember

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

Gradable: automatic

6) Recent surveys from the USDA indicate that Americans consume most of their calories from
A) dairy products (milk, ice cream), beverages (sugar-sweetened soft drinks, coffee) and vegetables (French fries).

B) grain products (bread, pizza crust, macaroni, spaghetti), fats and oils (soybean).

C) beverages (bottled water and energy drinks), fruits (apples and bananas), and dairy (cheese and yogurt).

D) meat products (fried chicken and hamburgers), beverages (beer and soda pop), and fried products (donuts and French fries).

Answer: B

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

Topic: Demographic trends and statistics

Bloom's: 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.

Gradable: automatic

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.

Answer: D

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

8) Nutrition is

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

Answer: A

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

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

- A) Heart disease
- B) Cancer
- C) Diabetes
- D) Pneumonia

Answer: A

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Demographic trends and statistics

Bloom's: 1. Remember

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

Gradable: automatic

10) Which of the following is an essential nutrient?

- A) Alcohol
- B) Carbohydrates
- C) Phytochemicals
- D) Zoochemicals

Answer: B

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

Topic: Nutrition basics

Bloom's: 2. Understand

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

Gradable: automatic

11) The main function of carbohydrates is to

- A) provide energy.
- B) promote growth and development.
- C) regulate body processes.
- D) prevent cancer.

Answer: A

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

12) Carbohydrates provide _____ kcal per gram.

- A) 4
- B) 7
- C) 9
- D) 0

Answer: A

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

13) Which class of nutrients comprises 60% of body weight?

- A) Water
- B) Protein
- C) Carbohydrate
- D) Minerals

Answer: A

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

14) All of the essential nutrients function as regulators of body processes.

Answer: FALSE

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

15) Fiber belongs to the class of nutrients known as

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

Answer: A

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

Topic: Nutrition basics

Bloom's: 2. Understand

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

Gradable: automatic

16) Which of the following is an example of a phytochemical?

- A) Carotenoids
- B) Cholesterol
- C) Fiber
- D) Enzymes

Answer: A

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

Topic: Phytochemicals

Bloom's: 2. Understand

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

Gradable: automatic

17) Which of the following is characteristic of lipids?

- A) Supply 4 kcal 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

Answer: C

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

18) 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

Answer: C

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

19) Water is one of the six classes of essential nutrients.

Answer: TRUE

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

20) Minerals can

- A) provide energy.
- B) be destroyed during cooking.
- C) be degraded by the body.
- D) become part of body structures.

Answer: D

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

21) Which of the following is a function of water?

- A) Provides energy
- B) Transports nutrients and wastes
- C) Structural component of bone
- D) Prevents oxidative damage to cell membranes

Answer: B

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

22) 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

Answer: C

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

Topic: Nutrition basics

Bloom's: 2. Understand

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

Gradable: automatic

23) Which of the following contain no calories?

- A) Alcohol
- B) Proteins
- C) Carbohydrates
- D) Vitamins

Answer: D

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

24) Which of the following is a complex carbohydrate?

- A) Starch
- B) Sucrose
- C) Fruit sugar
- D) Glucose

Answer: A

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

Topic: Nutrition basics

Bloom's: 2. Understand

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

Gradable: automatic

25) Which is the only class of nutrients that does *not* function in the regulation of body processes?

- A) Proteins
- B) Carbohydrates
- C) Water
- D) Vitamins

Answer: B

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

Topic: Nutrition basics

Bloom's: 2. Understand

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

Gradable: automatic

26) Protein

- A) is a major component of body structures.
- B) supplies 9 kcal per gram.
- C) is a significant energy source for humans.
- D) functions as a solvent.

Answer: A

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

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

27) 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

Answer: A

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

Topic: Phytochemicals

Bloom's: 1. Remember

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

Gradable: automatic

28) A serving of bleu cheese dressing containing 23 grams of fat would yield _____ kcal from fat.

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

Answer: C

Explanation: $23 \text{ grams of fat} \times 9 \text{ kcal/g} = 207 \text{ kcal from fat.}$

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

Topic: Nutrition computations

Bloom's: 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.

Gradable: automatic

29) A kilocalorie is a measure of

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

Answer: A

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

30) Vitamins and minerals _____ be broken down to provide energy.

- A) cannot
- B) can

Answer: A

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

31) 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

Answer: A

Explanation: $140 \text{ g divided by } 28 \text{ g per oz} = 5 \text{ oz}$

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

Topic: Nutrition computations

Bloom's: 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.

Gradable: automatic

32) 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 _____ kcal.

- A) 164
- B) 124
- C) 279
- D) 31

Answer: A

Explanation: $15 \text{ g carbohydrates} \times 4 \text{ kcal/g} = 60 \text{ kcal from carbohydrates}$

$8 \text{ g protein} \times 4 \text{ kcal/g} = 32 \text{ kcal from protein}$

$8 \text{ g fat} \times 9 \text{ kcal/g} = 72 \text{ kcal from fat}$

$60 + 32 + 72 = 164 \text{ kcal}$

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

Topic: Nutrition computations

Bloom's: 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.

Gradable: automatic

33) Shelby weighs 70 kilograms, which is _____ pounds.

Answer: 154

Explanation: $70 \text{ kg} \times 2.2 \text{ lb/kg} = 154 \text{ lb}$

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

Topic: Nutrition computations

Bloom's: 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.

Gradable: automatic

34) A weight reduction regimen calls for a daily intake of 1400 kcal and 30 grams of fat.

Approximately _____% of the total energy is provided by fat.

Answer: 19

Explanation: $30 \text{ grams of fat} \times 9 \text{ kcal/g} = 270 \text{ kcal from fat}$
 $270 \text{ kcal from fat} / 1400 \text{ total kcal} = 0.19$

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

Topic: Nutrition computations

Bloom's: 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.

Gradable: automatic

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

A) 2 quarts.

B) 4 cups.

C) 2 gallons.

D) 2 pints.

Answer: A

Explanation: 1 quart is approximately equal to 1 liter (0.946 L).

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

Topic: Nutrition computations

Bloom's: 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.

Gradable: automatic

36) Which of the following nutrients can directly supply energy for human use?

- A) Lipids
- B) Fiber
- C) Vitamins
- D) Minerals

Answer: A

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

37) Which of the following is true about the energy content of nutrients?

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

Answer: B

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

38) Which of the following yield greater than 4 kcal per gram?

- A) Plant fats
- B) Plant carbohydrates
- C) Plant proteins
- D) Animal proteins

Answer: A

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

39) Which of the following includes all energy-yielding substances?

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

Answer: C

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

40) A meal consisting of a cheeseburger, large fries, and a chocolate shake provides a total of 1120 kcal. Forty-eight percent of the energy in the meal is from carbohydrate and 13% is from protein. How many calories of fat does the meal contain?

- A) 137
- B) 313
- C) 287
- D) 437

Answer: D

Explanation: $100\% - 48\% \text{ of kcal from carbohydrates} - 13\% \text{ of kcal from protein} = 39\% \text{ of kcal from fat.}$

$1120 \text{ kcal} \times 0.39 = 437 \text{ kcal from fat.}$

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

Topic: Nutrition computations

Bloom's: 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.

Gradable: automatic

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

- A) 23%
- B) 52%
- C) 19%
- D) 41%

Answer: B

Explanation: $36 \text{ grams of fat} \times 9 \text{ kcal/g} = 324 \text{ kcal from fat.}$

$324 \text{ kcal from fat} / 628 \text{ total kcal} = 0.52 = 52\% \text{ of kcal from fat.}$

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

Topic: Nutrition computations

Bloom's: 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.

Gradable: automatic

42) Gram for gram, which provides the most energy?

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

Answer: D

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

43) 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

Answer: C

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

Topic: Scientific method

Bloom's: 1. Remember

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

Gradable: automatic

44) 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

Answer: C

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

Topic: Scientific method

Bloom's: 2. Understand

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

Gradable: automatic

45) 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

Answer: B

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

Topic: Scientific method

Bloom's: 1. Remember

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

Gradable: automatic

46) An evaluation of work by professionals of similar competence to the producers of the work to maintain standards of quality and credibility is called

- A) competency check.
- B) performance review.
- C) independent critique.
- D) peer review.

Answer: D

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

Topic: Scientific method

Bloom's: 2. Understand

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

Gradable: automatic

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

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

Answer: A

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

Topic: Scientific method

Bloom's: 1. Remember

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

Gradable: automatic

48) According to the Food and Nutrition Board (FNB) of the National Academy of Sciences, _____ of calories should come from carbohydrates.

- A) 20% to 35%
- B) 45% to 65%
- C) 10% to 35%

Answer: B

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

49) The health status of baby boomers appears lower than that of the previous generation.

Answer: TRUE

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

Topic: Demographic trends and statistics

Bloom's: 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.

Gradable: automatic

50) According to the Food and Nutrition Board (FNB) of the National Academy of Sciences, _____ of calories should come from protein.

- A) 20% to 35%
- B) 45% to 65%
- C) 10% to 35%

Answer: C

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

51) According to the Food and Nutrition Board (FNB) of the National Academy of Sciences, _____ of calories should come from fat.

- A) 20% to 35%
- B) 45% to 65%
- C) 10% to 35%

Answer: A

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

Topic: Nutrition basics

Bloom's: 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.

Gradable: automatic

52) *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.

Answer: A

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

Topic: Public health and nutrition

Bloom's: 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.

Gradable: automatic

- 53) 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.

Answer: B

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

Topic: Demographic trends and statistics

Bloom's: 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.

Gradable: automatic

- 54) To reduce their risk for many chronic diseases, Americans should limit their intakes of
- A) solid fats.
 - B) whole grains.
 - C) phytochemicals.
 - D) water.

Answer: A

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

Topic: Nutrition basics

Bloom's: 2. Understand

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.

Gradable: automatic

- 55) On average, Americans consume approximately _____% of total calories as fat.
- A) 33
 - B) 20
 - C) 28
 - D) 50

Answer: A

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

Topic: Demographic trends and statistics

Bloom's: 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.

Gradable: automatic

- 56) The prevalence of obesity has
- A) not changed in women but increased in men.
 - B) not changed in men but increased in women.
 - C) increased for both men and women.
 - D) not changed for men or women.

Answer: B

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

Topic: Demographic trends and statistics

Bloom's: 3. Apply

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

Gradable: automatic

- 57) A nutrition-related objective from *Healthy People 2020* is to reduce
- A) the proportion of adults who are obese.
 - B) the contribution of fruits to the diet.
 - C) the contribution of whole grains to the diet.
 - D) the proportion of adults who are at a healthy weight.

Answer: A

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

Topic: Public health and nutrition

Bloom's: 2. Understand

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.

Gradable: automatic

- 58) Over the past 50 years, rates of _____ have declined among American adults.
- A) death from cardiovascular disease
 - B) cardiovascular disease
 - C) obesity
 - D) diabetes

Answer: A

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

Topic: Demographic trends and statistics

Bloom's: 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.

Gradable: automatic

59) 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.

Answer: A

Section: 01.08 Nutrition and Your Health: Eating Well in College

Topic: Nutrition basics

Bloom's: 2. Understand

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

Gradable: automatic

60) The *Freshman 15* is the term used to describe the

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

Answer: C

Section: 01.08 Nutrition and Your Health: Eating Well in College

Topic: Nutrition basics

Bloom's: 1. Remember

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

Gradable: automatic

61) For hydration, sports drinks are superior to water for athletes who participate in

- A) continuous workouts lasting more than 60 minutes.
- B) workouts in cold weather.
- C) strength training.
- D) outdoor athletic events.

Answer: A

Section: 01.08 Nutrition and Your Health: Eating Well in College

Topic: Nutrition basics

Bloom's: 2. Understand

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

Gradable: automatic

62) Which of the following is engaging in binge drinking?

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

Answer: D

Section: 01.08 Nutrition and Your Health: Eating Well in College

Topic: Nutrition basics

Bloom's: 5. Evaluate

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

Gradable: automatic

63) Long-term consequences of eating disorders include heart irregularities, gastrointestinal dysfunction, and bone loss.

Answer: TRUE

Section: 01.08 Nutrition and Your Health: Eating Well in College

Topic: Nutrition basics

Bloom's: 2. Understand

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

Gradable: automatic

Match the following units with their equivalent measures.

- A) 2.54 centimeters
- B) 28 grams
- C) 2.2 pounds
- D) 1 teaspoon
- E) 240 milliliters

64) 1 ounce

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

Topic: Nutrition computations

Bloom's: 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.

65) 1 kilogram

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

Topic: Nutrition computations

Bloom's: 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.

66) 5 grams (e.g., sugar or salt)

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

Topic: Nutrition computations

Bloom's: 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.

67) 1 fluid cup

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

Topic: Nutrition computations

Bloom's: 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.

68) 1 inch

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

Topic: Nutrition computations

Bloom's: 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.

Answers: 64) B 65) C 66) D 67) E 68) A

Match the following phytochemicals with their main food source.

- A) Soybeans, legumes
- B) Orange, red, and yellow fruits and vegetables
- C) Grapes, peanuts, red wine
- D) Flaxseed, berries, whole grains
- E) Red, blue, and purple plants (blueberries, eggplant)
- F) Citrus fruit, tea, chocolate
- G) Garlic, onions, leek

69) Allyl sulfides/organosulfurs

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Phytochemicals

Bloom's: 3. Apply

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.

70) Carotenoids

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Phytochemicals

Bloom's: 3. Apply

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.

71) Lignans

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Phytochemicals

Bloom's: 3. Apply

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.

72) Phytosterols/isoflavones

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Phytochemicals

Bloom's: 3. Apply

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.

73) Flavonoids

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Phytochemicals

Bloom's: 3. Apply

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.

74) Resveratrol

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Phytochemicals

Bloom's: 3. Apply

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.

75) Anthocyanosides

Section: 01.02 How Is Nutrition Connected to Good Health?

Topic: Phytochemicals

Bloom's: 3. Apply

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.

Answers: 69) G 70) B 71) D 72) A 73) F 74) C 75) E

Match the following terms with their definitions.

- A) Chemical elements used in the body to promote chemical reactions and to form body structures
- B) A condition in which blood pressure remains persistently elevated.
- C) Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly
- D) Compound that speeds the rate of a chemical process but is not altered by the process
- E) Organic compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body
- F) The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen
- G) An aspect of our lives that may make us more likely to develop a disease
- H) Chemical substances in food that contribute to health.
- I) Hereditary material that provides the blueprints for the production of cell proteins
- J) Heat needed to raise 1 liter of water 1 degree Celsius

76) Amino acid

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

77) Phytochemicals

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

78) Kilocalorie

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

79) Vitamins

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

80) Nutrients

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

81) Minerals

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

82) Risk factor

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

83) Enzyme

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

84) Genes

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

85) Hypertension

Section: 01.03 What Are the Classes and Sources of Nutrients?; 01.02 How Is Nutrition Connected to Good Health?

Topic: Nutrition basics

Bloom's: 1. Remember

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

Answers: 76) F 77) C 78) J 79) E 80) H 81) A 82) G 83) D 84) I 85) B

Match the following terms with their definitions.

- A) Compound secreted into the bloodstream that acts to control the function of distant cells
- B) A condition characterized by excess body fat
- C) Physiological (internal) drive to find and eat food, mostly regulated by innate cues to eating
- D) State in which there is no longer a desire to eat; a feeling of satisfaction
- E) Psychological (external) influences that encourage us to find and eat food

86) Appetite

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

Topic: Hunger and appetite

Bloom's: 1. Remember

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

87) Hunger

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

Topic: Hunger and appetite

Bloom's: 1. Remember

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

88) Satiety

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

Topic: Hunger and appetite

Bloom's: 1. Remember

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

89) Hormone

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

Topic: Hunger and appetite

Bloom's: 1. Remember

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

90) Obesity

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

Topic: Hunger and appetite

Bloom's: 1. Remember

Learning Outcome: 01.01 Describe how our food choices 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; economics; and physiological processes affected by meal size and composition.

Answers: 86) E 87) C 88) D 89) A 90) B