

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 1) Nutrition knowledge has no influence on our food choices. 1) _____
 Answer: True False
- 2) Diet, genes, and physical activity influence your risk for disease. 2) _____
 Answer: True False
- 3) Vitamins are inorganic compounds. 3) _____
 Answer: True False
- 4) Supplements provide the same health benefit as nutrients and nonnutrients from food. 4) _____
 Answer: True False
- 5) A single food can be good for you even if it does not provide all the nutrients. 5) _____
 Answer: True False
- 6) The American diet is very healthy. 6) _____
 Answer: True False
- 7) Heart disease, kidney disease, and respiratory disease are the three leading causes of death in the United States and can be prevented through good nutrition. 7) _____
 Answer: True False
- 8) Even with all the diet information available to Americans, our body weights are increasing. 8) _____
 Answer: True False
- 9) Eleven percent of Americans, suffering from food insecurity, lack enough food to eat daily. 9) _____
 Answer: True False
- 10) Rates of obesity are highest in people with the highest incomes. 10) _____
 Answer: True False
- 11) The body slows metabolism and hoards calories during periods of hunger. 11) _____
 Answer: True False
- 12) Low-cost foods tend to taste better. 12) _____
 Answer: True False
- 13) Water helps maintain your body temperature and acts as a lubricant for your joints, eyes, mouth, and intestinal tract. 13) _____
 Answer: True False

MATCHING. Choose the item in column 2 that best matches each item in column 1.

Match the term to its definition.

- | | | |
|---------------|--|-----------|
| 14) DNA | A) the essential nutrients you need in smaller amounts | 14) _____ |
| Answer: B | | |
| 15) Nutrition | B) the substance of which genes are made | 15) _____ |
| Answer: F | | |
| 16) | C) a state of complete physical, mental, and | |

social well-being		16) _____
Essential		
Answer: K		
17)	D) the part of the plant that isn't digested in the small intestine	17) _____
Macronutrients		
Answer: J		
18)	E) substances that speed up reactions in your body	18) _____
Micronutrients		
Answer: A		
19)	F) the science that studies how the nutrients in food affect your health	19) _____
Enzymes		
Answer: E		
20)	G) processing of genetic information to create a specific protein	20) _____
Organic		
Answer: I		
21)	H) carrying an excessive amount of body fat above the level of being overweight	21) _____
Fiber		
Answer: D		
22) Gene expression	I) substances containing carbon	22) _____
Answer: G	J) the energy-containing essential nutrients you need in higher amounts	
23) Health	K) nutrients you must have in order to function	23) _____
Answer: C		
24) Palatability	L) maintaining the level of water in the body for optimum health	24) _____
Answer: M		
25) Hydration	M) the tendency of food to satisfy our taste buds	25) _____
Answer: L		
26) Obesity		26) _____
Answer: H		

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 27) What role do diet, exercise, and genetics play in our health? 27) _____
- A) It depends on our gender and age.
 - B) They have no effect on our health.
 - C) They can influence our health for better or worse.
 - D) none of the above
- Answer: C
- 28) Which type of stress is a major risk factor for ill health? 28) _____

A) mental B) chronic C) physical D) acute
Answer: B

- 29) A potent predictor of health problems is low socioeconomic status because of _____
A) the use of alcohol and tobacco to cope with chronic stress.
B) the inability to get to the doctor.
C) the lack of social contact.
D) the possible lack of education.

Answer: A

- 30) Having a good basis of nutrition knowledge will _____
A) justify a high-protein diet.
B) influence our food choices.
C) encourage us to eliminate carbohydrates from our diet.
D) do all of the above.

Answer: B

- 31) The _____ you inherited from your parents influence(s) the way your body uses food. _____
A) genes B) taste buds C) height D) digestion

Answer: A

- 32) A chronic deficiency of iron can make you feel _____
A) short of breath. B) tired. C) weak. D) all of the above.

Answer: D

- 33) A disease characterized by poor bone density and increased risk of fracture is called _____
A) osteoporosis. B) hepatitis. C) anemia. D) beriberi.

Answer: A

- 34) Good nutrition plays a role in reducing the risk of all of the following diseases, EXCEPT _____
A) cancer. B) stroke. C) diabetes. D) kidney disease.

Answer: D

- 35) What does deoxyribonucleic acid (DNA) contain? _____
A) the instructions cells use to build protein
B) the instructions cells use to break down fats
C) the instructions cells use to absorb nutrients
D) the instructions cells use to metabolize minerals

Answer: A

- 36) The study of the relationship between diet and genes is called _____
A) dietary genetics. B) genetic nutrition.
C) the human genome. D) nutritional genomics.

Answer: D

- 37) What was the collaborative effort to determine and sequence DNA in human cells called? _____
A) Human Gene Expression Mapping B) Human Genome Project
C) Human Nutrition Genome D) Human DNA Sequencing

Answer: B

- 38) Nutritional genomics would be used to determine the best combination of nutrients for an individual

based on 38)

that

person's

A) eating habits.

C) genetic makeup.

Answer: C

B) food likes and dislikes.

D) stress levels.

39) The essential nutrients include

A) minerals, fiber, and vitamins.

C) fats, carbohydrates, and fiber.

Answer: B

B) carbohydrates, protein, and fats.

D) alcohol, water, and minerals.

40) Which is the correct definition of the term organic?

A) contains nitrogen

C) grown in rich soil

Answer: B

B) contains carbon

D) provides iron

41) Which of the following is inorganic?

A) water

B) salts

C) minerals

D) all of the above

Answer: D

42) Because you need higher amounts of these in your diet, they are called macronutrients.

A) vitamins

B) phytochemicals

C) carbohydrates

D) minerals

Answer: C

43) The energy in food is measured in

A) Celsius.

B) kilograms.

C) calories.

D) grams.

Answer: C

44) Which nutrient provides the body with glucose?

A) carbohydrates

B) fats

C) vitamins

D) proteins

Answer: A

45) Which nutrient is the body's preferred source of energy?

A) protein

B) minerals

C) carbohydrates

D) fiber

Answer: C

46) The body uses protein to

A) maintain body temperature.

B) build and maintain muscles, organs, and tissue.

C) convert minerals to energy.

D) do all of the above.

Answer: B

47) Which nutrient provides the body with energy but is not essential?

A) carbohydrates

B) alcohol

C) protein

D) fats

Answer: B

48) The best way to ensure that your diet is well balanced is to

A) avoid foods containing fat.

B) eat only packaged foods with food labels.

C) eat a variety of foods.

D) take supplements.

Answer: C

- 49) Which of the following has the highest carbohydrate content? 49) _____
A) raw broccoli B) popcorn
C) chicken with skin D) they all have about the same

Answer: B

- 50) Foods high in fiber are often good sources of _____. 50) _____
A) B vitamins B) protein C) fats D) phytochemicals

Answer: D

- 51) Under what conditions would people benefit from taking a supplement? 51) _____
A) anemia B) lactose intolerance
C) pregnancy D) all of the above

Answer: D

- 52) American intake of which two nutrients exceeds the recommended amount? 52) _____
A) calcium and monounsaturated fat B) carbohydrates and protein
C) sodium and saturated fat D) iron and vitamin C

Answer: C

- 53) Americans often fail to meet their needs for these two nutrients. 53) _____
A) protein and saturated fat B) sodium and vitamin C
C) vitamin E and calcium D) none of the above

Answer: C

- 54) Two health problems related to our diet that have become epidemic in the USA are 54) _____
A) osteoporosis and sleep deficit. B) overweight and obesity.
C) anemia and lung problems. D) attention deficit disorder and strokes.

Answer: B

- 55) What percentage of the adult American population is currently overweight? 55) _____
A) over 65 percent B) over 55 percent C) over 35 percent D) over 75 percent

Answer: A

- 56) Which of the following is one of the two main goals for Healthy People 2010? 56) _____
A) to help Americans reduce their stress
B) to help Americans better understand MyPyramid
C) to help Americans increase their life expectancy
D) to help Americans increase their intake of animal products

Answer: C

- 57) Which nutrient aids in enzyme function? 57) _____
A) fats B) protein C) vitamins D) water

Answer: C

- 58) When you carry extra weight on your body in relation to your height, you are considered 58) _____
A) just right. B) pleasantly plump.
C) obese. D) overweight.

Answer: D

- 59) The diet-related number-one cause of death in the United States is 59) _____

- A) stroke. B) heart disease. C) diabetes. D) kidney disease.
Answer: B

- 60) Which foods are more likely to satisfy our taste buds? 60) _____
A) cookies B) chicken C) carrots D) apples
Answer: A

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 61) What is the difference between a macronutrient and a micronutrient?
Answer: A macronutrient is needed in larger quantities than a micronutrient. Vitamins and minerals are micronutrients, and the energy nutrients (carbohydrates, fats, and proteins) are macronutrients.
- 62) What are the essential nutrients and why do you need them?
Answer: The essential nutrients are carbohydrates, fats, proteins, vitamins, minerals, and water. They are all equally important to the body because they work together to support growth and reproduction, to supply energy, and to help repair and maintain the body. The body cannot make these essential nutrients and thus they must come from the diet.
- 63) Poor people have less money to buy food yet obesity is highest among people with the lowest income. Explain.
Answer: Foods with the lowest cost tend to be high in fat and sugar, high in calories, and low in essential nutrients. People lacking money are forced to buy cheap food. The result is a diet abundant in calories, resulting in weight gain while leaving the individual malnourished.

- 1) FALSE
- 2) TRUE
- 3) FALSE
- 4) TRUE
- 5) TRUE
- 6) FALSE
- 7) FALSE
- 8) TRUE
- 9) TRUE
- 10) FALSE
- 11) TRUE
- 12) TRUE
- 13) TRUE
- 14) B
- 15) F
- 16) K
- 17) J
- 18) A
- 19) E
- 20) I
- 21) D
- 22) G
- 23) C
- 24) M
- 25) L
- 26) H
- 27) C
- 28) B
- 29) A
- 30) B
- 31) A
- 32) D
- 33) A
- 34) D
- 35) A
- 36) D
- 37) B
- 38) C
- 39) B
- 40) B
- 41) D
- 42) C
- 43) C
- 44) A
- 45) C
- 46) B
- 47) B
- 48) C
- 49) B
- 50) D
- 51) D

52) C

53) C

54) B

55) A

56) C

57) C

58) D

59) B

60) A

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