

Chapter 01 Nutrition, Food Choices, and Health **Answer Key**

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 an essential nutrient?

- A. Alcohol
- B. Carbohydrates**
- C. Phytochemicals
- D. Zoochemicals

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

3. 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

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
- 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 Are Your Sources of Energy

Topic: Nutrition basics

5. The main function of carbohydrates is to

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

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

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

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

- A. 20% to 35%
- B.** 45% to 65%
- C. 10% to 35%

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

- A. 20% to 35%
- B. 45% to 65%
- C. 10% to 35%**

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

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

- A. 20% to 35%**
- B. 45% to 65%
- C. 10% to 35%

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.

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Topic: Nutrition basics

11. Fiber belongs 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

12. 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

13. Minerals can

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

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

14. Carbohydrates provide _____ kilocalories per gram.

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

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

15. 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

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

16. 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: 01.08 Nutrition and Your Health: Eating Well in College

Topic: Nutrition basics

17. 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 Are Your Sources of Energy

Topic: Nutrition basics

18. Protein

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

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

19. 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

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 Are Your Sources of Energy

Topic: Nutrition basics

20. Which of the following is a function of water?

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

Blooms Level: 1. Remember

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Section: 01.03 What Are the Classes and Sources of Nutrients

Topic: Nutrition basics

21. 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.

Section: 01.04 What Are Your Sources of Energy

Topic: Nutrition basics

22. 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

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 Are Your Sources of Energy

Topic: Nutrition basics

23. 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

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 Are Your Sources of Energy

Topic: Nutrition computations

24.

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% of kcal from carbohydrates - 13% of kcal from protein = 39% of kcal from fat.

1120 kcal x 0.39 = 437 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.

Section: 01.04 What Are Your Sources of Energy

Topic: Nutrition computations

25. 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 grams of fat x 9 kcal/g = 324 kcal from fat.

324 kcal from fat / 628 total kcal = 0.52 = 52% 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.

Section: 01.04 What Are Your Sources of Energy

Topic: Nutrition computations

26. 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

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

27. 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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Section: 01.03 What Are the Classes and Sources of Nutrients

Topic: Nutrition basics

28. *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

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

Topic: Demographic trends and statistics

30.

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: 01.08 Nutrition and Your Health: Eating Well in College

Topic: Nutrition basics

31. 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

32. Which of the following is a complex carbohydrate?

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

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

33. 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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Section: 01.04 What Are Your Sources of Energy

Topic: Nutrition basics

34. 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.

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

35. 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

36. 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

Blooms Level: 2. Understand

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Section: 01.01 Why Do You Choose the Food You Eat

Topic: Hunger and appetite

37. 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

38. Match the following terms with their definitions.

- | | | |
|-------------|--|----------|
| | Psychological (external) influences that encourage | |
| 1. Obesity | us to find and eat food | <u>2</u> |
| | Physiological (internal) drive to find and eat food, | |
| 2. Appetite | mostly regulated by innate cues to eating | <u>5</u> |
| | State in which there is no longer a desire to eat; a | |
| 3. Satiety | feeling of satisfaction | <u>3</u> |
| | Compound secreted into the bloodstream that acts | |
| 4. Hormone | to control the function of distant cells | <u>4</u> |
| 5. Hunger | A condition characterized by excess body fat | <u>1</u> |

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

39. Match the following terms with their definitions.

- | | | |
|-------------------|--|-----------|
| 1. Hypertension | The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen | <u>9</u> |
| 2. Genes | Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly | <u>3</u> |
| 3. Phytochemicals | Heat needed to raise 1 liter of water 1 degree Celsius | <u>10</u> |
| 4. Nutrients | Organic compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body | <u>5</u> |
| 5. Vitamins | Chemical substances in food that contribute to health. | <u>4</u> |
| 6. Minerals | Chemical elements used in the body to promote chemical reactions and to form body structures | <u>6</u> |
| 7. Enzyme | An aspect of our lives that may make us more likely to develop a disease | <u>8</u> |
| 8. Risk factor | Compound that speeds the rate of a chemical process but is not altered by the process | <u>7</u> |
| 9. Amino acid | Hereditary material that provides the blueprints for the production of cell proteins | <u>2</u> |
| 10. Kilocalorie | A condition in which blood pressure remains persistently elevated. | <u>1</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: 01.02 How Is Nutrition Connected to Good Health

Section: 01.03 What Are the Classes and Sources of Nutrients

Multiple Choice Questions

40. 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**

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

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

- A. water.
- B. whole grains.
- C. solid fats.**
- D. phytochemicals.

Blooms Level: 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.

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

42. For hydration, sports drinks are superior to water for athletes who participate in
- A. workouts lasting more than 60 minutes.
 - B. workouts in cold weather.
 - C. strength training.
 - D. outdoor athletic events.

Blooms Level: 2. Understand

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

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

Topic: Nutrition basics

43. Which of the following adults 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.

Blooms Level: 5. Evaluate

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

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

Topic: Nutrition basics

True / False Questions

44. Water is one of the six classes of essential nutrients.

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

Topic: Nutrition basics

Multiple Choice Questions

45. Which of the following is an example of a phytochemical?

- A.** Carotenoids
- B. Cholesterol
- C. Fiber
- D. Enzymes

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

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

$$140 \text{ g} / 28 \text{ g/oz} = 5 \text{ oz}$$

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 Are Your Sources of Energy

Topic: Nutrition computations

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

A. 2 quarts

B. 4 cups

C. 2 pints

D. 2 gallons

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

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 Are Your Sources of Energy

Topic: Nutrition computations

48. Nutrition is

A.
the use of dietary supplements to cure diseases.

B. the practice of eating only healthy foods.

C. the study of diet and disease patterns among various populations.

D. the science that links food to health and disease.

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

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

A. 20

B. 50

C. 28

D. 33

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

50. Vitamins and minerals _____ be broken down to provide energy.

A. cannot

B. can

Blooms Level: 1. Remember

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Section: 01.04 What Are Your Sources of Energy

Topic: Nutrition basics

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

- A. Water
- B. Protein
- C. Carbohydrate
- 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

True / False Questions

52. All of the essential nutrients function as regulators of body processes.

FALSE

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

Multiple Choice Questions

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.
124

C.
279

D.
31

15 g carbohydrates x 4 kcal/g = 60 kcal from carbohydrates

8 g protein x 4 kcal/g = 32 kcal from protein

8 g fat x 9 kcal/g = 72 kcal from fat

60 + 32 + 72 = 164 kcal

Blooms Level: 3. Apply

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Section: 01.04 What Are Your Sources of Energy

Topic: Nutrition computations

Numeric Response Questions

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.

19

30 grams of fat x 9 kcal/g = 270 kcal from fat

270 kcal from fat / 1400 total kcal = 0.19

Blooms Level: 3. Apply

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Topic: Nutrition computations

55.

Shelby weighs 70 kilograms, which is _____ pounds.

154

70 kg x 2.2 lb/kg = 154 lb

Blooms Level: 3. Apply

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Topic: Nutrition computations

True / False Questions

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

TRUE

Blooms Level: 2. Understand

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

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

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. hypothesis
- B. placebo**
- 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 methoo

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 methoo

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

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

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