Unit 1--Key Nutrition Concepts and Terms copy

*Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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| 1. | Malnutrition refers to poor nutrition resulting from under or over consumption of nutrients.    True    False |

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| 2. | Vitamins provide calories to the body and minerals do not.    True    False |

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| 3. | Essential nutrients must be made by the body and cannot be provided through the diet.    True    False |

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| 4. | Broccoli is an example of a super food which contains all the essential nutrients.    True    False |

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| 5. | When a deficiency exists for one nutrient, it is not likely that other nutrient levels will be affected.    True    False |

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| 6. | Food security exists when the need for food is coupled with access to it.    True    False |

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| 7. | The best time to correct a deficiency or toxicity disease is after physical symptoms have developed.    True    False |

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| 8. | Energy-dense diets are related to the development of obesity and diabetes.    True    False |

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| 9. | Healthy diets cannot include energy-dense foods such as ice cream and donuts.    True    False |

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| 10. | An empty-calorie food provides few calories and high amounts of nutrients.    True    False |

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| 11. | It is possible to have a diet including only healthy foods and fail to consume some nutrient required by the body.    True    False |

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| 12. | Calories are not a nutrient found in food; rather, they are the potential energy supplied by food.    True    False |

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| 13. | **Matching B:** Match the term with its definition.      |  |  |  | | --- | --- | --- | | 1. phytochemicals | chemical substances that prevent or repair damage to cells caused by exposure to oxidizing agents | \_\_\_\_ | | 2. chronic diseases | a unit of measure of the amount of energy supplied by food | \_\_\_\_ | | 3. metabolism | slow-developing, long-lasting diseases that are not contagious and which can be treated but not always cured | \_\_\_\_ | | 4. food security | foods that provide an excess of energy in relation to nutrients | \_\_\_\_ | | 5. nutrient-dense foods | foods that provide a relatively high calorie value per unit weight of food | \_\_\_\_ | | 6. essential nutrients | substances required for normal growth and health that the body cannot generally produce, or produce in sufficient amounts and need to be obtained through the diet | \_\_\_\_ | | 7. nutrition | limited or uncertain availability of safe, nutritious foods or the ability to acquire them in a socially acceptable way | \_\_\_\_ | | 8. food insecurity | access at all times to a sufficient supply of safe, nutritious foods | \_\_\_\_ | | 9. empty-calorie foods | poor nutrition resulting from an excess or lack of calories or nutrients | \_\_\_\_ | | 10. antioxidants | the chemical changes that take place in the body | \_\_\_\_ | | 11. energy-dense foods | substances required for normal growth and health that the body can manufacture in sufficient quantities from other components of the diet | \_\_\_\_ | | 12. nonessential nutrients | chemical substances in food used by the body to sustain growth and health | \_\_\_\_ | | 13. nutrients | foods that contain relatively high amounts of nutrients compared to their calorie value | \_\_\_\_ | | 14. malnutrition | the study of foods, their nutrients and other chemical constituents, and the effects of food constituents on health | \_\_\_\_ | | 15. calorie | chemical substances in plants, some of which perform important functions in the human body, that give plants color and flavor | \_\_\_\_ | |

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| 14. | What does RDA stand for?      |  |  | | --- | --- | | A. | Recommended Daily Allowance |  |  |  | | --- | --- | | B. | Required Dietary Allowance |  |  |  | | --- | --- | | C. | Recommended Dietary Allowance |  |  |  | | --- | --- | | D. | Required Daily Allowance | |

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| 15. | RDA guidelines are standardized according to the following categories:      |  |  | | --- | --- | | A. | age and gender. |  |  |  | | --- | --- | | B. | weight and height. |  |  |  | | --- | --- | | C. | culture and ethnicity. |  |  |  | | --- | --- | | D. | pregnancy or breastfeeding. |  |  |  | | --- | --- | | E. | a, d | |

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| 16. | The DRIs were established to reflect the nutrient needs of \_\_\_\_, promote health, and reduce the risk of chronic disease.      |  |  | | --- | --- | | A. | most healthy people |  |  |  | | --- | --- | | B. | patients recovering from surgery |  |  |  | | --- | --- | | C. | people on strict weight-loss diets |  |  |  | | --- | --- | | D. | people with chronic health problems | |

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| 17. | Which of the following diseases can lead to malnutrition?      |  |  | | --- | --- | | A. | Digestive disorders |  |  |  | | --- | --- | | B. | Alcoholism |  |  |  | | --- | --- | | C. | HIV/AIDS |  |  |  | | --- | --- | | D. | Cancer |  |  |  | | --- | --- | | E. | All of the above | |

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| 18. | Which of the following statements about essential nutrients is true?      |  |  | | --- | --- | | A. | Essential nutrients are necessary to obtain through the diet or deficiency diseases will occur. |  |  |  | | --- | --- | | B. | Essential nutrients should be consumed in excessive amounts to promote optimal health. |  |  |  | | --- | --- | | C. | Essential nutrients must be made by the body and cannot be provided through the diet. |  |  |  | | --- | --- | | D. | Essential nutrients are less important than nonessential nutrients. | |

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| 19. | The human adaptive mechanism is best described as:      |  |  | | --- | --- | | A. | the ability of the body to help protect itself from fluctuations in energy and nutrient intake. |  |  |  | | --- | --- | | B. | the fight or flight response. |  |  |  | | --- | --- | | C. | the ability of the body to send cues to the brain on what nutrients and foods should be eaten. |  |  |  | | --- | --- | | D. | the ability of the brain to simulate essential nutrient production. | |

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| 20. | Those at greatest risk of becoming inadequately nourished include:      |  |  | | --- | --- | | A. | children and pregnant and breastfeeding women. |  |  |  | | --- | --- | | B. | people who are ill and the frail elderly. |  |  |  | | --- | --- | | C. | athletes and people who exercise regularly. |  |  |  | | --- | --- | | D. | men and teenage boys. |  |  |  | | --- | --- | | E. | a, b | |

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| 21. | Which of the following nutrients is classified as a mineral?      |  |  | | --- | --- | | A. | Calcium |  |  |  | | --- | --- | | B. | Biotin |  |  |  | | --- | --- | | C. | Folate |  |  |  | | --- | --- | | D. | Niacin | |

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| 22. | Which of the following vitamins is eliminated through stools or urine when consumed in excess?      |  |  | | --- | --- | | A. | Calcium |  |  |  | | --- | --- | | B. | Vitamin C |  |  |  | | --- | --- | | C. | Vitamin D |  |  |  | | --- | --- | | D. | Iron |  |  |  | | --- | --- | | E. | All of the above | |

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| 23. | Various substances found in food which protect body cells and help to prevent cancer are called:      |  |  | | --- | --- | | A. | red blood cells. |  |  |  | | --- | --- | | B. | proteins. |  |  |  | | --- | --- | | C. | ricin. |  |  |  | | --- | --- | | D. | antioxidants. | |

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| 24. | All of the following are correct about beneficial phytochemicals **except**:      |  |  | | --- | --- | | A. | they enable plants to grow. |  |  |  | | --- | --- | | B. | they are found in all foods. |  |  |  | | --- | --- | | C. | they give color to some foods. |  |  |  | | --- | --- | | D. | they provide plants protection against insects and disease. | |

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| 25. | Which of the following statements about food insecurity is false?      |  |  | | --- | --- | | A. | It occurs more in U.S. households than in Canadian households. |  |  |  | | --- | --- | | B. | It occurs more frequently in low-income households than high-income households. |  |  |  | | --- | --- | | C. | It occurs more in inner city areas. |  |  |  | | --- | --- | | D. | It occurs more in male-headed households. | |

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| 26. | Which of the following substances gives blueberries their bright blue color?      |  |  | | --- | --- | | A. | Beta-carotene |  |  |  | | --- | --- | | B. | Iron |  |  |  | | --- | --- | | C. | Phytochemicals |  |  |  | | --- | --- | | D. | Vitamin C |  |  |  | | --- | --- | | E. | a, b | |

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| 27. | Which of the following is considered an essential nutrient?      |  |  | | --- | --- | | A. | Xanthophyll |  |  |  | | --- | --- | | B. | Lycopene |  |  |  | | --- | --- | | C. | Cholesterol |  |  |  | | --- | --- | | D. | Fat | |

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| 28. | Which of the following nutrients cannot provide the body with energy?      |  |  | | --- | --- | | A. | Protein |  |  |  | | --- | --- | | B. | Saturated fats |  |  |  | | --- | --- | | C. | Zinc |  |  |  | | --- | --- | | D. | Starches | |

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| 29. | Which of the following nutrients can provide the body with energy?      |  |  | | --- | --- | | A. | Vitamins |  |  |  | | --- | --- | | B. | Minerals |  |  |  | | --- | --- | | C. | Protein |  |  |  | | --- | --- | | D. | Fiber |  |  |  | | --- | --- | | E. | All of the above | |

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| 30. | Choose which sequence of events correctly describes the progression of a deficiency disease.      |  |  | | --- | --- | | A. | Tissue stores are depleted; blood levels decrease; physical signs appear; permanent damage occurs |  |  |  | | --- | --- | | B. | Physical signs appear; tissue stores are depleted; blood levels decrease; permanent damage occurs |  |  |  | | --- | --- | | C. | Permanent damage occurs; physical signs appear; tissue stores are depleted; blood levels decrease |  |  |  | | --- | --- | | D. | Blood levels decrease; permanent damage occurs; physical signs appear; tissue stores are depleted | |

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| 31. | Which of the foods below would be considered the least nutrient dense?      |  |  | | --- | --- | | A. | Oatmeal |  |  |  | | --- | --- | | B. | Eggs |  |  |  | | --- | --- | | C. | Milk |  |  |  | | --- | --- | | D. | Margarine | |

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| 32. | Which of the foods below would be considered the most nutrient dense?      |  |  | | --- | --- | | A. | Potato chips |  |  |  | | --- | --- | | B. | Skim milk |  |  |  | | --- | --- | | C. | Doughnuts |  |  |  | | --- | --- | | D. | Butter | |

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| 33. | Which of the following is the best example of an energy-dense food?      |  |  | | --- | --- | | A. | Low-fat soy milk |  |  |  | | --- | --- | | B. | Sugar cookies |  |  |  | | --- | --- | | C. | Brown rice |  |  |  | | --- | --- | | D. | Banana | |

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| 34. | Tolerable Upper Intake Levels:      |  |  | | --- | --- | | A. | are the minimum levels of a nutrient needed to be consumed to be healthy. |  |  |  | | --- | --- | | B. | are the safe upper limits of dietary supplements not to be exceeded. |  |  |  | | --- | --- | | C. | are the safe upper limits of nutrient intake from both supplements and food. |  |  |  | | --- | --- | | D. | are to be exceeded to obtain optimal health and physical fitness. | |

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| 35. | The amounts of specific nutrients needed by humans varies depending on which of the following factors?      |  |  | | --- | --- | | A. | Genetic traits |  |  |  | | --- | --- | | B. | Age |  |  |  | | --- | --- | | C. | Body size |  |  |  | | --- | --- | | D. | All of the above | |

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| 36. | Proteins are made up of "building blocks" called:      |  |  | | --- | --- | | A. | starches. |  |  |  | | --- | --- | | B. | fatty acids. |  |  |  | | --- | --- | | C. | amino acids. |  |  |  | | --- | --- | | D. | minerals. | |

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| 37. | Saturated fats are primarily found in:      |  |  | | --- | --- | | A. | grains. |  |  |  | | --- | --- | | B. | fruits. |  |  |  | | --- | --- | | C. | meats. |  |  |  | | --- | --- | | D. | nuts and seeds. | |

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| 38. | Which of the following is not a nutrient category?      |  |  | | --- | --- | | A. | Water |  |  |  | | --- | --- | | B. | Minerals |  |  |  | | --- | --- | | C. | Phytochemicals |  |  |  | | --- | --- | | D. | Fats | |

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| 39. | Which of the following nutrient categories supplies the body with calories?      |  |  | | --- | --- | | A. | Carbohydrates |  |  |  | | --- | --- | | B. | Vitamins |  |  |  | | --- | --- | | C. | Proteins |  |  |  | | --- | --- | | D. | Fats |  |  |  | | --- | --- | | E. | a, c, d | |

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| 40. | What does DRI stand for?      |  |  | | --- | --- | | A. | Dietary Reference Intakes |  |  |  | | --- | --- | | B. | Daily Required Intakes |  |  |  | | --- | --- | | C. | Dietary Recommended Ingestion |  |  |  | | --- | --- | | D. | Daily Reference Ingestion | |

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| 41. | The DRIs recommend intake levels of essential nutrients to:      |  |  | | --- | --- | | A. | meet the nutrient needs of most healthy people. |  |  |  | | --- | --- | | B. | set safe upper levels of nutrient intakes. |  |  |  | | --- | --- | | C. | set nutrient levels that reduce the risk of chronic disease. |  |  |  | | --- | --- | | D. | All of the above | |

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| 42. | The Tolerable Upper Intake Level or UL is defined as      |  |  | | --- | --- | | A. | the desired level of nutrient intake that an individual should have in their diet. |  |  |  | | --- | --- | | B. | the estimate of the safe upper limit of a nutrient. |  |  |  | | --- | --- | | C. | the sum total of all nutrients recommended for each day. |  |  |  | | --- | --- | | D. | the excessive amount of nutrients consumed from fortified foods and supplements. | |

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| 43. | The label of "Adequate Intake" or AI is given to      |  |  | | --- | --- | | A. | recommended intakes for nutrients for which there is too little scientific information to establish an RDA. |  |  |  | | --- | --- | | B. | nutrients that are less important for growth and health than other nutrients. |  |  |  | | --- | --- | | C. | nutrients that are needed in very small amounts in the diet. |  |  |  | | --- | --- | | D. | recommended intakes for nutrients for which there are no Tolerable Upper Intake Levels. | |

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| 44. | Inadequate diets generally produce \_\_\_\_.      |  |  | | --- | --- | | A. | a single specific nutrient deficiency |  |  |  | | --- | --- | | B. | multiple nutrient deficiencies with a wide range of symptoms and health problems |  |  |  | | --- | --- | | C. | increased energy and a greater sense of well-being |  |  |  | | --- | --- | | D. | b, c | |

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| 45. | All of the following are common among adults living in food-insecure households **except**:      |  |  | | --- | --- | | A. | underweight. |  |  |  | | --- | --- | | B. | overweight. |  |  |  | | --- | --- | | C. | heart disease and/or diabetes. |  |  |  | | --- | --- | | D. | poor-quality diet. | |

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| 46. | Which principle of a healthy diet "provides appropriate amounts of essential nutrients from food while delivering a level of calorie intake that corresponds to a healthy weight"?      |  |  | | --- | --- | | A. | Variety |  |  |  | | --- | --- | | B. | Moderation |  |  |  | | --- | --- | | C. | Adequacy |  |  |  | | --- | --- | | D. | Energy density | |

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| 47. | Which principle of a healthy diet is based on the idea that "different foods are needed to obtain a wide assortment of nutrients and beneficial phytochemicals for optimal functioning of the body"?      |  |  | | --- | --- | | A. | Variety |  |  |  | | --- | --- | | B. | Moderation |  |  |  | | --- | --- | | C. | Adequacy |  |  |  | | --- | --- | | D. | Nutrient density | |

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| 48. | Which of the following statements about "food security" is true?      |  |  | | --- | --- | | A. | Food security is having access at all times to a sufficient supply of safe and nutritious food |  |  |  | | --- | --- | | B. | Food security is being aware that contaminated food is a potential weapon of bioterrorism |  |  |  | | --- | --- | | C. | Food security is the practice of hoarding and storing large quantities of food |  |  |  | | --- | --- | | D. | Food security is experiencing limited and uncertain availability of food |  |  |  | | --- | --- | | E. | a, b | |

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| 49. | Which of the following is an example of a simple sugar?      |  |  | | --- | --- | | A. | Starch |  |  |  | | --- | --- | | B. | Dietary fiber |  |  |  | | --- | --- | | C. | Pasta |  |  |  | | --- | --- | | D. | Sucrose |  |  |  | | --- | --- | | E. | c, d | |

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| 50. | All of the following are true about *trans* fats **except**:      |  |  | | --- | --- | | A. | they are a type of saturated fat. |  |  |  | | --- | --- | | B. | they are found in hydrogenated oil. |  |  |  | | --- | --- | | C. | they increase the risk of heart disease. |  |  |  | | --- | --- | | D. | they are found in vegetable shortening and some pastries. | |

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| 51. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. What is the likely cause of Rhonda's struggle with recurrent illness and chronic fatigue?      |  |  | | --- | --- | | A. | She was not getting enough fruits and vegetables. |  |  |  | | --- | --- | | B. | She was not eating an adequate, well-balanced diet. |  |  |  | | --- | --- | | C. | She was eating too many calories. |  |  |  | | --- | --- | | D. | She was eating too much fat and sugar. | |

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| 52. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. During her freshman year of college Rhonda experienced weight gain despite her attempt to maintain her weight with calorie restrictions. What nutrition concept best explains the reason for her weight gain?      |  |  | | --- | --- | | A. | There are no "good" or "bad" foods. |  |  |  | | --- | --- | | B. | The human adaptive mechanism - her metabolism slowed down due to her restricted calorie intake. |  |  |  | | --- | --- | | C. | Food is a basic human need - she was not meeting her individual nutrient requirements. |  |  |  | | --- | --- | | D. | Nutrient density - most of the foods she was eating were not nutrient dense. | |

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| 53. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. Rhonda was limited in the amount of money that she had to spend on food, and therefore the quantity and quality of healthy food that she had available was affected. This is an example of      |  |  | | --- | --- | | A. | malnutrition. |  |  |  | | --- | --- | | B. | food insecurity. |  |  |  | | --- | --- | | C. | energy density. |  |  |  | | --- | --- | | D. | food security. | |

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| 54. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. Which of the foods that Rhonda frequently ate were the most energy dense?      |  |  | | --- | --- | | A. | Fruits and vegetables |  |  |  | | --- | --- | | B. | Pasta |  |  |  | | --- | --- | | C. | Fried foods, ice cream, and cookies |  |  |  | | --- | --- | | D. | Diet soda | |

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| 55. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. Which of the following nutrition concepts best explains the relationship between Rhonda's diet and her recurrent bouts of illness and chronic fatigue?      |  |  | | --- | --- | | A. | Nutrient-dense foods are the only type of foods that Rhonda should be eating to avoid deficiency diseases. |  |  |  | | --- | --- | | B. | The deficiency of essential nutrients in Rhonda's diet caused a ripple effect and contributed to multiple health problems. |  |  |  | | --- | --- | | C. | Rhonda's lack of nonessential nutrient intake caused her to develop deficiency diseases. |  |  |  | | --- | --- | | D. | Rhonda's human adaptive mechanism was not working properly to avoid deficiency diseases. | |

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| 56. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. What should Rhonda strive to do during her sophomore year to help improve her nutrition and health?      |  |  | | --- | --- | | A. | Avoid "bad foods" that are high in calories. |  |  |  | | --- | --- | | B. | Include a variety of different foods proportionately from all the food groups. |  |  |  | | --- | --- | | C. | Take a multi-vitamin/ multi-mineral, an iron supplement, and a protein shake daily. |  |  |  | | --- | --- | | D. | Restrict calories and skip breakfast to help her lose the weight. | |

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| 57. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. In general what type of a diet should Rhonda follow to lose the weight gained during her freshman year?      |  |  | | --- | --- | | A. | She should follow a diet high in animal protein and low in fruit and grains. |  |  |  | | --- | --- | | B. | She should follow a diet high in phytochemicals and antioxidants which is also supplemented with a multi-vitamin. |  |  |  | | --- | --- | | C. | She should follow a diet which provides a variety of nutrient-dense foods and adequate calories. |  |  |  | | --- | --- | | D. | She should follow a diet which includes plenty of energy-dense, empty-calorie foods. | |

Unit 1--Key Nutrition Concepts and Terms copy Key

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| 1. | Malnutrition refers to poor nutrition resulting from under or over consumption of nutrients.    **TRUE** |

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| 2. | Vitamins provide calories to the body and minerals do not.    **FALSE** |

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| 3. | Essential nutrients must be made by the body and cannot be provided through the diet.    **FALSE** |

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| 4. | Broccoli is an example of a super food which contains all the essential nutrients.    **FALSE** |

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| 5. | When a deficiency exists for one nutrient, it is not likely that other nutrient levels will be affected.    **FALSE** |

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| 6. | Food security exists when the need for food is coupled with access to it.    **TRUE** |

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| 7. | The best time to correct a deficiency or toxicity disease is after physical symptoms have developed.    **FALSE** |

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| 8. | Energy-dense diets are related to the development of obesity and diabetes.    **TRUE** |

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| 9. | Healthy diets cannot include energy-dense foods such as ice cream and donuts.    **FALSE** |

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| 10. | An empty-calorie food provides few calories and high amounts of nutrients.    **FALSE** |

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| 11. | It is possible to have a diet including only healthy foods and fail to consume some nutrient required by the body.    **TRUE** |

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| 12. | Calories are not a nutrient found in food; rather, they are the potential energy supplied by food.    **TRUE** |

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| 13. | **Matching B:** Match the term with its definition.      |  |  |  | | --- | --- | --- | | 1. phytochemicals | chemical substances that prevent or repair damage to cells caused by exposure to oxidizing agents | **10** | | 2. chronic diseases | a unit of measure of the amount of energy supplied by food | **15** | | 3. metabolism | slow-developing, long-lasting diseases that are not contagious and which can be treated but not always cured | **2** | | 4. food security | foods that provide an excess of energy in relation to nutrients | **9** | | 5. nutrient-dense foods | foods that provide a relatively high calorie value per unit weight of food | **11** | | 6. essential nutrients | substances required for normal growth and health that the body cannot generally produce, or produce in sufficient amounts and need to be obtained through the diet | **6** | | 7. nutrition | limited or uncertain availability of safe, nutritious foods or the ability to acquire them in a socially acceptable way | **8** | | 8. food insecurity | access at all times to a sufficient supply of safe, nutritious foods | **4** | | 9. empty-calorie foods | poor nutrition resulting from an excess or lack of calories or nutrients | **14** | | 10. antioxidants | the chemical changes that take place in the body | **3** | | 11. energy-dense foods | substances required for normal growth and health that the body can manufacture in sufficient quantities from other components of the diet | **12** | | 12. nonessential nutrients | chemical substances in food used by the body to sustain growth and health | **13** | | 13. nutrients | foods that contain relatively high amounts of nutrients compared to their calorie value | **5** | | 14. malnutrition | the study of foods, their nutrients and other chemical constituents, and the effects of food constituents on health | **7** | | 15. calorie | chemical substances in plants, some of which perform important functions in the human body, that give plants color and flavor | **1** | |

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| 14. | What does RDA stand for?      |  |  | | --- | --- | | A. | Recommended Daily Allowance |  |  |  | | --- | --- | | B. | Required Dietary Allowance |  |  |  | | --- | --- | | **C.** | Recommended Dietary Allowance |  |  |  | | --- | --- | | D. | Required Daily Allowance | |

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| 15. | RDA guidelines are standardized according to the following categories:      |  |  | | --- | --- | | A. | age and gender. |  |  |  | | --- | --- | | B. | weight and height. |  |  |  | | --- | --- | | C. | culture and ethnicity. |  |  |  | | --- | --- | | D. | pregnancy or breastfeeding. |  |  |  | | --- | --- | | **E.** | a, d | |

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| 16. | The DRIs were established to reflect the nutrient needs of \_\_\_\_, promote health, and reduce the risk of chronic disease.      |  |  | | --- | --- | | **A.** | most healthy people |  |  |  | | --- | --- | | B. | patients recovering from surgery |  |  |  | | --- | --- | | C. | people on strict weight-loss diets |  |  |  | | --- | --- | | D. | people with chronic health problems | |

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| 17. | Which of the following diseases can lead to malnutrition?      |  |  | | --- | --- | | A. | Digestive disorders |  |  |  | | --- | --- | | B. | Alcoholism |  |  |  | | --- | --- | | C. | HIV/AIDS |  |  |  | | --- | --- | | D. | Cancer |  |  |  | | --- | --- | | **E.** | All of the above | |

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| 18. | Which of the following statements about essential nutrients is true?      |  |  | | --- | --- | | **A.** | Essential nutrients are necessary to obtain through the diet or deficiency diseases will occur. |  |  |  | | --- | --- | | B. | Essential nutrients should be consumed in excessive amounts to promote optimal health. |  |  |  | | --- | --- | | C. | Essential nutrients must be made by the body and cannot be provided through the diet. |  |  |  | | --- | --- | | D. | Essential nutrients are less important than nonessential nutrients. | |

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| 19. | The human adaptive mechanism is best described as:      |  |  | | --- | --- | | **A.** | the ability of the body to help protect itself from fluctuations in energy and nutrient intake. |  |  |  | | --- | --- | | B. | the fight or flight response. |  |  |  | | --- | --- | | C. | the ability of the body to send cues to the brain on what nutrients and foods should be eaten. |  |  |  | | --- | --- | | D. | the ability of the brain to simulate essential nutrient production. | |

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| 20. | Those at greatest risk of becoming inadequately nourished include:      |  |  | | --- | --- | | A. | children and pregnant and breastfeeding women. |  |  |  | | --- | --- | | B. | people who are ill and the frail elderly. |  |  |  | | --- | --- | | C. | athletes and people who exercise regularly. |  |  |  | | --- | --- | | D. | men and teenage boys. |  |  |  | | --- | --- | | **E.** | a, b | |

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| 21. | Which of the following nutrients is classified as a mineral?      |  |  | | --- | --- | | **A.** | Calcium |  |  |  | | --- | --- | | B. | Biotin |  |  |  | | --- | --- | | C. | Folate |  |  |  | | --- | --- | | D. | Niacin | |

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| 22. | Which of the following vitamins is eliminated through stools or urine when consumed in excess?      |  |  | | --- | --- | | A. | Calcium |  |  |  | | --- | --- | | **B.** | Vitamin C |  |  |  | | --- | --- | | C. | Vitamin D |  |  |  | | --- | --- | | D. | Iron |  |  |  | | --- | --- | | E. | All of the above | |

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| 23. | Various substances found in food which protect body cells and help to prevent cancer are called:      |  |  | | --- | --- | | A. | red blood cells. |  |  |  | | --- | --- | | B. | proteins. |  |  |  | | --- | --- | | C. | ricin. |  |  |  | | --- | --- | | **D.** | antioxidants. | |

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| 24. | All of the following are correct about beneficial phytochemicals **except**:      |  |  | | --- | --- | | A. | they enable plants to grow. |  |  |  | | --- | --- | | **B.** | they are found in all foods. |  |  |  | | --- | --- | | C. | they give color to some foods. |  |  |  | | --- | --- | | D. | they provide plants protection against insects and disease. | |

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| 25. | Which of the following statements about food insecurity is false?      |  |  | | --- | --- | | A. | It occurs more in U.S. households than in Canadian households. |  |  |  | | --- | --- | | B. | It occurs more frequently in low-income households than high-income households. |  |  |  | | --- | --- | | C. | It occurs more in inner city areas. |  |  |  | | --- | --- | | **D.** | It occurs more in male-headed households. | |

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| 26. | Which of the following substances gives blueberries their bright blue color?      |  |  | | --- | --- | | A. | Beta-carotene |  |  |  | | --- | --- | | B. | Iron |  |  |  | | --- | --- | | **C.** | Phytochemicals |  |  |  | | --- | --- | | D. | Vitamin C |  |  |  | | --- | --- | | E. | a, b | |

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| 27. | Which of the following is considered an essential nutrient?      |  |  | | --- | --- | | A. | Xanthophyll |  |  |  | | --- | --- | | B. | Lycopene |  |  |  | | --- | --- | | C. | Cholesterol |  |  |  | | --- | --- | | **D.** | Fat | |

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| 28. | Which of the following nutrients cannot provide the body with energy?      |  |  | | --- | --- | | A. | Protein |  |  |  | | --- | --- | | B. | Saturated fats |  |  |  | | --- | --- | | **C.** | Zinc |  |  |  | | --- | --- | | D. | Starches | |

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| 29. | Which of the following nutrients can provide the body with energy?      |  |  | | --- | --- | | A. | Vitamins |  |  |  | | --- | --- | | B. | Minerals |  |  |  | | --- | --- | | **C.** | Protein |  |  |  | | --- | --- | | D. | Fiber |  |  |  | | --- | --- | | E. | All of the above | |

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| 30. | Choose which sequence of events correctly describes the progression of a deficiency disease.      |  |  | | --- | --- | | **A.** | Tissue stores are depleted; blood levels decrease; physical signs appear; permanent damage occurs |  |  |  | | --- | --- | | B. | Physical signs appear; tissue stores are depleted; blood levels decrease; permanent damage occurs |  |  |  | | --- | --- | | C. | Permanent damage occurs; physical signs appear; tissue stores are depleted; blood levels decrease |  |  |  | | --- | --- | | D. | Blood levels decrease; permanent damage occurs; physical signs appear; tissue stores are depleted | |

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| 31. | Which of the foods below would be considered the least nutrient dense?      |  |  | | --- | --- | | A. | Oatmeal |  |  |  | | --- | --- | | B. | Eggs |  |  |  | | --- | --- | | C. | Milk |  |  |  | | --- | --- | | **D.** | Margarine | |

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| 32. | Which of the foods below would be considered the most nutrient dense?      |  |  | | --- | --- | | A. | Potato chips |  |  |  | | --- | --- | | **B.** | Skim milk |  |  |  | | --- | --- | | C. | Doughnuts |  |  |  | | --- | --- | | D. | Butter | |

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| 33. | Which of the following is the best example of an energy-dense food?      |  |  | | --- | --- | | A. | Low-fat soy milk |  |  |  | | --- | --- | | **B.** | Sugar cookies |  |  |  | | --- | --- | | C. | Brown rice |  |  |  | | --- | --- | | D. | Banana | |

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| 34. | Tolerable Upper Intake Levels:      |  |  | | --- | --- | | A. | are the minimum levels of a nutrient needed to be consumed to be healthy. |  |  |  | | --- | --- | | B. | are the safe upper limits of dietary supplements not to be exceeded. |  |  |  | | --- | --- | | **C.** | are the safe upper limits of nutrient intake from both supplements and food. |  |  |  | | --- | --- | | D. | are to be exceeded to obtain optimal health and physical fitness. | |

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| 35. | The amounts of specific nutrients needed by humans varies depending on which of the following factors?      |  |  | | --- | --- | | A. | Genetic traits |  |  |  | | --- | --- | | B. | Age |  |  |  | | --- | --- | | C. | Body size |  |  |  | | --- | --- | | **D.** | All of the above | |

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| 36. | Proteins are made up of "building blocks" called:      |  |  | | --- | --- | | A. | starches. |  |  |  | | --- | --- | | B. | fatty acids. |  |  |  | | --- | --- | | **C.** | amino acids. |  |  |  | | --- | --- | | D. | minerals. | |

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| 37. | Saturated fats are primarily found in:      |  |  | | --- | --- | | A. | grains. |  |  |  | | --- | --- | | B. | fruits. |  |  |  | | --- | --- | | **C.** | meats. |  |  |  | | --- | --- | | D. | nuts and seeds. | |

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| 38. | Which of the following is not a nutrient category?      |  |  | | --- | --- | | A. | Water |  |  |  | | --- | --- | | B. | Minerals |  |  |  | | --- | --- | | **C.** | Phytochemicals |  |  |  | | --- | --- | | D. | Fats | |

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| 39. | Which of the following nutrient categories supplies the body with calories?      |  |  | | --- | --- | | A. | Carbohydrates |  |  |  | | --- | --- | | B. | Vitamins |  |  |  | | --- | --- | | C. | Proteins |  |  |  | | --- | --- | | D. | Fats |  |  |  | | --- | --- | | **E.** | a, c, d | |

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| 40. | What does DRI stand for?      |  |  | | --- | --- | | **A.** | Dietary Reference Intakes |  |  |  | | --- | --- | | B. | Daily Required Intakes |  |  |  | | --- | --- | | C. | Dietary Recommended Ingestion |  |  |  | | --- | --- | | D. | Daily Reference Ingestion | |

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| 41. | The DRIs recommend intake levels of essential nutrients to:      |  |  | | --- | --- | | A. | meet the nutrient needs of most healthy people. |  |  |  | | --- | --- | | B. | set safe upper levels of nutrient intakes. |  |  |  | | --- | --- | | C. | set nutrient levels that reduce the risk of chronic disease. |  |  |  | | --- | --- | | **D.** | All of the above | |

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| 42. | The Tolerable Upper Intake Level or UL is defined as      |  |  | | --- | --- | | A. | the desired level of nutrient intake that an individual should have in their diet. |  |  |  | | --- | --- | | **B.** | the estimate of the safe upper limit of a nutrient. |  |  |  | | --- | --- | | C. | the sum total of all nutrients recommended for each day. |  |  |  | | --- | --- | | D. | the excessive amount of nutrients consumed from fortified foods and supplements. | |

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| 43. | The label of "Adequate Intake" or AI is given to      |  |  | | --- | --- | | **A.** | recommended intakes for nutrients for which there is too little scientific information to establish an RDA. |  |  |  | | --- | --- | | B. | nutrients that are less important for growth and health than other nutrients. |  |  |  | | --- | --- | | C. | nutrients that are needed in very small amounts in the diet. |  |  |  | | --- | --- | | D. | recommended intakes for nutrients for which there are no Tolerable Upper Intake Levels. | |

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| 44. | Inadequate diets generally produce \_\_\_\_.      |  |  | | --- | --- | | A. | a single specific nutrient deficiency |  |  |  | | --- | --- | | **B.** | multiple nutrient deficiencies with a wide range of symptoms and health problems |  |  |  | | --- | --- | | C. | increased energy and a greater sense of well-being |  |  |  | | --- | --- | | D. | b, c | |

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| 45. | All of the following are common among adults living in food-insecure households **except**:      |  |  | | --- | --- | | **A.** | underweight. |  |  |  | | --- | --- | | B. | overweight. |  |  |  | | --- | --- | | C. | heart disease and/or diabetes. |  |  |  | | --- | --- | | D. | poor-quality diet. | |

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| 46. | Which principle of a healthy diet "provides appropriate amounts of essential nutrients from food while delivering a level of calorie intake that corresponds to a healthy weight"?      |  |  | | --- | --- | | A. | Variety |  |  |  | | --- | --- | | B. | Moderation |  |  |  | | --- | --- | | **C.** | Adequacy |  |  |  | | --- | --- | | D. | Energy density | |

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| 47. | Which principle of a healthy diet is based on the idea that "different foods are needed to obtain a wide assortment of nutrients and beneficial phytochemicals for optimal functioning of the body"?      |  |  | | --- | --- | | **A.** | Variety |  |  |  | | --- | --- | | B. | Moderation |  |  |  | | --- | --- | | C. | Adequacy |  |  |  | | --- | --- | | D. | Nutrient density | |

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| 48. | Which of the following statements about "food security" is true?      |  |  | | --- | --- | | A. | Food security is having access at all times to a sufficient supply of safe and nutritious food |  |  |  | | --- | --- | | B. | Food security is being aware that contaminated food is a potential weapon of bioterrorism |  |  |  | | --- | --- | | C. | Food security is the practice of hoarding and storing large quantities of food |  |  |  | | --- | --- | | D. | Food security is experiencing limited and uncertain availability of food |  |  |  | | --- | --- | | **E.** | a, b | |

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| 49. | Which of the following is an example of a simple sugar?      |  |  | | --- | --- | | A. | Starch |  |  |  | | --- | --- | | B. | Dietary fiber |  |  |  | | --- | --- | | C. | Pasta |  |  |  | | --- | --- | | **D.** | Sucrose |  |  |  | | --- | --- | | E. | c, d | |

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| 50. | All of the following are true about *trans* fats **except**:      |  |  | | --- | --- | | **A.** | they are a type of saturated fat. |  |  |  | | --- | --- | | B. | they are found in hydrogenated oil. |  |  |  | | --- | --- | | C. | they increase the risk of heart disease. |  |  |  | | --- | --- | | D. | they are found in vegetable shortening and some pastries. | |

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| 51. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. What is the likely cause of Rhonda's struggle with recurrent illness and chronic fatigue?      |  |  | | --- | --- | | A. | She was not getting enough fruits and vegetables. |  |  |  | | --- | --- | | **B.** | She was not eating an adequate, well-balanced diet. |  |  |  | | --- | --- | | C. | She was eating too many calories. |  |  |  | | --- | --- | | D. | She was eating too much fat and sugar. | |

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| 52. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. During her freshman year of college Rhonda experienced weight gain despite her attempt to maintain her weight with calorie restrictions. What nutrition concept best explains the reason for her weight gain?      |  |  | | --- | --- | | A. | There are no "good" or "bad" foods. |  |  |  | | --- | --- | | **B.** | The human adaptive mechanism - her metabolism slowed down due to her restricted calorie intake. |  |  |  | | --- | --- | | C. | Food is a basic human need - she was not meeting her individual nutrient requirements. |  |  |  | | --- | --- | | D. | Nutrient density - most of the foods she was eating were not nutrient dense. | |

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| 53. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. Rhonda was limited in the amount of money that she had to spend on food, and therefore the quantity and quality of healthy food that she had available was affected. This is an example of      |  |  | | --- | --- | | A. | malnutrition. |  |  |  | | --- | --- | | **B.** | food insecurity. |  |  |  | | --- | --- | | C. | energy density. |  |  |  | | --- | --- | | D. | food security. | |

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| 54. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. Which of the foods that Rhonda frequently ate were the most energy dense?      |  |  | | --- | --- | | A. | Fruits and vegetables |  |  |  | | --- | --- | | B. | Pasta |  |  |  | | --- | --- | | **C.** | Fried foods, ice cream, and cookies |  |  |  | | --- | --- | | D. | Diet soda | |

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| 55. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. Which of the following nutrition concepts best explains the relationship between Rhonda's diet and her recurrent bouts of illness and chronic fatigue?      |  |  | | --- | --- | | A. | Nutrient-dense foods are the only type of foods that Rhonda should be eating to avoid deficiency diseases. |  |  |  | | --- | --- | | **B.** | The deficiency of essential nutrients in Rhonda's diet caused a ripple effect and contributed to multiple health problems. |  |  |  | | --- | --- | | C. | Rhonda's lack of nonessential nutrient intake caused her to develop deficiency diseases. |  |  |  | | --- | --- | | D. | Rhonda's human adaptive mechanism was not working properly to avoid deficiency diseases. | |

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| 56. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. What should Rhonda strive to do during her sophomore year to help improve her nutrition and health?      |  |  | | --- | --- | | A. | Avoid "bad foods" that are high in calories. |  |  |  | | --- | --- | | **B.** | Include a variety of different foods proportionately from all the food groups. |  |  |  | | --- | --- | | C. | Take a multi-vitamin/ multi-mineral, an iron supplement, and a protein shake daily. |  |  |  | | --- | --- | | D. | Restrict calories and skip breakfast to help her lose the weight. | |

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| 57. | **Case Study 1-1**  During Rhonda's freshman year of college she experienced many environmental changes which influenced her diet and lifestyle. Rhonda was fearful of gaining "the freshman fifteen" and also had a limited food budget. To save money and avoid gaining unwanted weight she decided that she would only eat fruit for breakfast and salads for lunch and skip dinner. She soon found herself getting very hungry in the evenings and would then overeat food from the vending machines and cheap fast foods. She often snacked on cookies, fried foods, pasta, ice cream, and diet soda.  As the school year progressed Rhonda had recurrent bouts of respiratory illness and felt chronically fatigued. Upon visiting the college health service the doctor diagnosed her with iron-deficiency anemia and speculated that in addition to not getting enough iron she was probably not getting enough protein or B-vitamins. By the end of the school year Rhonda not only had overall poor health but she had also gained a significant amount of weight despite not eating dinner and overall under-consumption of nutrients. Rhonda has registered for a nutrition class in the fall and hopes to learn how to better manage her diet and weight during her sophomore year.   Refer to Case Study 1-1. In general what type of a diet should Rhonda follow to lose the weight gained during her freshman year?      |  |  | | --- | --- | | A. | She should follow a diet high in animal protein and low in fruit and grains. |  |  |  | | --- | --- | | B. | She should follow a diet high in phytochemicals and antioxidants which is also supplemented with a multi-vitamin. |  |  |  | | --- | --- | | **C.** | She should follow a diet which provides a variety of nutrient-dense foods and adequate calories. |  |  |  | | --- | --- | | D. | She should follow a diet which includes plenty of energy-dense, empty-calorie foods. | |