**Chapter 01 Test Bank: The Basics of Nutrition**

**Healthy People 2020**

1. According to the main nutrition-related goal of *Healthy* *People 2020*, Americans should \_\_\_\_\_\_\_\_.A. learn how to obtain nutrition information from reliable sources**B.** reduce the risk of chronic diseases by consuming a healthy dietC. increase their use of dietary supplements that contain vitamins and mineralsD. reduce young children's exposure to substances in foods that cause allergies*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.03 Identify the main nutrition-related goal of Healthy People 2020.Section: 1.02Topic: Nutrition basicsTopic: Public health and nutrition***Major Goal of Healthy People 2020**

2. According to the main nutrition-related goal of *Healthy* *People 2020*, Americans should \_\_\_\_\_\_\_\_.**A.** achieve and maintain a healthy body weightB. decrease their intake of refined, enriched, and fortified foodsC. learn how to obtain nutrition information from reliable sourcesD. reduce young children's exposure to junk foods at home*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.03 Identify the main nutrition-related goal of Healthy People 2020.Section: 1.02Topic: Nutrition basicsTopic: Public health and nutrition***Nutrition-Related Facts**

3. Which of the following statements is true?**A.** In the United States, poor eating habits contribute to some of the ten leading causes of death.B. Nutrients are life-sustaining phytochemicals in food.C. A person's diet is influenced by his or her blood type, birth order, and sustainability.D. Most people are born with the ability to choose a nutritious diet.*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Learning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.Section: 1.01Topic: Demographic trends and statisticsTopic: Nutrition basicsTopic: PhytochemicalsTopic: Public health and nutrition***Leading Causes of Death**

4. Which of the following conditions or diseases is a leading diet-related cause of death in the United States?A. Suicide**B.** Heart diseaseC. Influenza and pneumoniaD. Chronic lower respiratory infections*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.Section: 1.01Topic: Demographic trends and statisticsTopic: Nutrition basicsTopic: Public health and nutrition***Diet-Related Cause of Death**

5. Which of the following conditions or diseases is a leading diet-related cause of death in the United States?A. Influenza and pneumoniaB. SuicideC. Chronic lower respiratory infections**D.** Stroke*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.Section: 1.01Topic: Demographic trends and statisticsTopic: Nutrition basicsTopic: Public health and nutrition***Cause of Death Linked to Diet**

6. Which of the following conditions or diseases is a leading diet-related cause of death in the United States?A. Influenza and pneumoniaB. Chronic lower respiratory infectionsC. Suicide**D.** Diabetes*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.Section: 1.01Topic: Demographic trends and statisticsTopic: Nutrition basicsTopic: Public health and nutrition***Making Food Choices**

7. Which of the following factors has a major influence over a person's food choices?A. Blood typeB. Vitamin A status**C.** Close friendsD. Birth order*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.02 Identify factors that influence personal food choices.Section: 1.01Topic: Nutrition basics***Selecting Foods**

8. A person's \_\_\_\_\_ is not a major influence for his or her food selection practices.A. mood**B.** blood typeC. place of residenceD. health status*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.01.02 Identify factors that influence personal food choices.Section: 1.01Topic: Nutrition basics***Choosing Foods**

9. A person's \_\_\_\_\_ is not a major influence for his or her food selection practices.A. place of residenceB. health statusC. mood**D.** political beliefs*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.01.02 Identify factors that influence personal food choices.Section: 1.01Topic: Nutrition basics***Understanding Basic Nutrition Concepts**

10. Which of the following statements is true?A. In the United States, poor eating habits contribute to the ten leading causes of death, including influenza and pneumonia.B. A person's diet is influenced by his or her blood type, birth order, and sustainability.C. People are born with the ability to choose a nutritious variety of foods.**D.** Nutrients are life-sustaining substances in food.*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Section: 1.01Topic: Nutrition basics***Substance That Protects Cells**

11. A substance that can protect a person's cells from being damaged or destroyed by certain harmful factors is a (an) \_\_\_\_\_\_\_\_.A. vitaminB. oxidizing agent**C.** antioxidantD. mineral nutrient*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.Section: 1.01Topic: Nutrient functionsTopic: Nutrition basics***General Nutrition Concepts**

12. Which of the following statements is true?A. People develop scurvy when their diets lack vitamin E.B. Phytochemicals are antioxidants produced by animal cells.C. Under certain conditions, the human body can make iron, copper, and zinc.**D.** An essential nutrient must be supplied by the diet.*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.Section: 1.01Topic: Deficiency and toxicity diseasesTopic: Nutrition basics***Identifying Dietary Supplements**

13. According to the U.S. Food and Drug Administration, which of the following substances can *not* be classified as a dietary supplement?**A.** TobaccoB. LysineC. Vitamin ED. Copper*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.Section: 1.01Topic: Dietary supplementsTopic: Nutrition basics***Identifying Phytochemicals**

14. Which of the following substances is a *phytochemical*?A. GlucoseB. Zinc**C.** CaffeineD. Pantothenic acid*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.Section: 1.01Topic: Food sourcesTopic: Nutrition basicsTopic: Phytochemicals***Deadly Conditions**

15. Which of the following conditions is *not* a leading cause of death in the United States?A. StrokeB. Cancer**C.** TuberculosisD. Heart disease*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Learning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.Section: 1.01Topic: Demographic trends and statisticsTopic: Nutrition basicsTopic: Public health and nutrition***Leading Cause of Mortality**

16. Tamika's 52-year-old father died as a result of a condition that is the leading cause of death in the United States. Based on this information, Tamika's father died from \_\_\_\_\_\_\_\_.**A.** heart diseaseB. lung cancerC. type 1 diabetesD. influenza*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States.Section: 1.01Topic: Demographic trends and statisticsTopic: Nutrition basicsTopic: Public health and nutrition***Energy-Providing Nutrient**

17. Which of the following nutrients is a source of energy for human cells?A. Vitamin DB. Cholesterol**C.** ProteinD. Iron*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.Section: 1.03Topic: MetabolismTopic: Nutrition basics***Nutrients That Supply Calories**

18. Most forms of \_\_\_\_\_ are a source of energy for cells.**A.** carbohydrateB. waterC. vitamin CD. cholesterol*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.Section: 1.01Topic: Nutrient functionsTopic: Nutrition basics***Defining Nutrition-Related Terms**

19. Which of the following statements is true?A. A headache is a common sign of a mineral deficiency disease.B. Most phytochemicals are classified as essential nutrients.C. A skin rash could be a symptom of a vitamin deficiency disease.**D.** Nutrient deficiency diseases develop when diets lack essential nutrients.*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.Section: 1.01Topic: Deficiency and toxicity diseasesTopic: Nutrition basicsTopic: Phytochemicals***Comparing Eating Habits**

20. According to the U.S. Department of Agriculture, Americans consumed more \_\_\_\_ in 2010 than in 1970.A. red meatB. milkC. eggs**D.** chicken*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Section: 1.02Topic: Demographic trends and statisticsTopic: Food sources***Americans' Typical Eating Practices**

21. According to the U.S. Department of Agriculture, Americans consumed more \_\_\_\_ in 2010 than in 1970.**A.** cheeseB. red meatC. eggsD. whole grains*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Section: 1.02Topic: Demographic trends and statisticsTopic: Food sources***Comparing Dietary Practices**

22. According to the U.S. Department of Agriculture, Americans consumed more \_\_\_\_ in 2010 than in 1970.**A.** fishB. milkC. eggsD. red meat*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Section: 1.02Topic: Demographic trends and statisticsTopic: Food sources***Changing Dietary Patterns**

23. In 2010, Americans consumed more \_\_\_\_ than in 1970.**A.** added sugarsB. red meatC. eggsD. milk*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Section: 1.02Topic: Demographic trends and statisticsTopic: Food sources***Diets Then and Now**

24. In 2010, Americans consumed more \_\_\_\_ than in 1970.A. milkB. red meat**C.** added fatD. eggs*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Section: 1.02Topic: Demographic trends and statisticsTopic: Food sources***Comparing Food Consumption Patterns**

25. In 2010, Americans ate more \_\_\_\_ than in 1970.**A.** total caloriesB. fresh eggsC. red meatD. whole milk*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Section: 1.02Topic: Demographic trends and statisticsTopic: Food sources***Calculating Food Energy**

26. A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and 100 ml water. Based on this information, a serving of this food supplies \_\_\_\_\_ kcal.A. 87B. 97**C.** 117D. 107*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***How Many Kilocalories?**

27. A serving of food contains 35 g carbohydrate, 6 g protein, 10 g fat, 5 mg vitamin E, and 150 ml water. Based on this information, a serving of this food supplies \_\_\_\_\_ kcal.A. 194**B.** 254C. 204D. 234*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***How Much Energy/Serving?**

28. A serving of food contains 30 g fat, 2 g protein, 3 g carbohydrate, 5 mg iron, 600 mg calcium, and 250 ml water. Based on this information, a serving of this food supplies \_\_\_\_\_ kcal.A. 200B. 440C. 320**D.** 270*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Determining Number of Calories**

29. A serving of food contains 20 g fat, 2 g protein, 5 g carbohydrate, 5 g alcohol, and 1000 mg potassium. Based on this information, a serving of this food supplies \_\_\_\_\_ kcal.A. 423B. 200C. 440**D.** 243*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Estimating Calories**

30. A serving of food contains 3 g alcohol, 6 mg cholesterol, 500 ml water, 25 g fat, 5 g protein, and 38 g carbohydrate. Based on this information, a serving of this food supplies \_\_\_\_\_ kcal.A. 575B. 636**C.** 418D. 392*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Calculating Grams of Carbohydrate**

31. Sam wants to estimate the grams of carbohydrate in a sugar-sweetened soft drink that supplies 100 kcal/serving. The soft drink contains no fiber, protein, fat, and alcohol. To obtain this value, he should \_\_\_\_\_\_\_\_.**A.** divide the number of kcal by 4B. multiply the number of kcal by 4C. divide the number of kcal by 2D. multiply the number per serving by 2*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Estimating Grams of Carbohydrate**

32. Lynne wants to estimate the grams of carbohydrate in a sugar-sweetened soft drink that supplies 200 kcal/serving. The soft drink contains no fiber, protein, fat, and alcohol. To obtain this value, she should \_\_\_\_\_\_\_\_.A. multiply the number of kcal by 4B. divide the number of kcal by 9**C.** divide the number of kcal by 4D. multiply the number per serving by 9*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Predicting Grams of Fat**

33. Lynne wants to estimate the grams of fat in a serving of oil that supplies 400 kcal. The oil contains no fiber, protein, fat, and alcohol. To obtain this value, she should \_\_\_\_\_\_\_\_.A. divide the number of kcal by 4**B.** divide the number of kcal by 9C. multiply the number of kcal by 4D. multiply the number per serving by 9*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Predicting Alcohol Content**

34. Lynne consumes 6 ounces of a beverage that supplies 63 kcal from alcohol. To determine how many grams of alcohol are in that amount of the beverage, she should \_\_\_\_\_\_\_\_.A. divide 63 by 4B. multiply 63 by 4**C.** divide 63 by 7D. multiply 63 by 9*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970.Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Calculating Grams of Protein**

35. A serving of food supplies 244 kcal from protein. Based on this information, how many grams of protein are in the serving?**A.** 61B. 27C. 35D. 175*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Estimating Grams of Protein**

36. A serving of food supplies 144 kcal from protein. Based on this information, how many grams of protein are in the serving?A. 16**B.** 36C. 46D. 26*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Predicting Grams of Protein**

37. A serving of food supplies 136 kcal from protein. Based on this information, how many grams of protein are in the serving?A. 26**B.** 34C. 19D. 15*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Calculating Grams of Fat**

38. A serving of food supplies 99 kcal from fat. Based on this information, how many grams of fat are in the serving?A. 25**B.** 11C. 9D. 33*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Predicting Grams of Fat**

39. A serving of food supplies 153 kcal from fat. Based on this information, how many grams of fat are in the serving?**A.** 17B. 9C. 22D. 38*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Non-Energy Nutrients**

40. Which of the following substances is a nutrient that does not supply any energy for the human body?A. CarbohydrateB. AlcoholC. Fat**D.** Vitamin D*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.Section: 1.01Topic: Nutrient functionsTopic: Nutrition basics***Non-Energy-Supplying Nutrient**

41. Which of the following substances is a nutrient that does not provide any energy for the human body?**A.** WaterB. ProteinC. CarbohydrateD. Alcohol*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.Section: 1.01Topic: Nutrient functionsTopic: Nutrition basics***Sources of Phytochemicals**

42. Which of the following foods is naturally a source of phytochemicals?**A.** GrapesB. MargarineC. TunaD. Luncheon meat*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.Section: 1.01Topic: Nutrition basicsTopic: Phytochemicals***Not a Phytochemical Source**

43. Which of the following foods is not a source of phytochemicals?**A.** Lean meatB. Fresh blueberriesC. Cashew nutsD. Whole-grain bread*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.Section: 1.01Topic: Phytochemicals***Heart Disease Risk Factor**

44. Which of the following behaviors is a known risk factor for heart disease?**A.** Smoking cigarettesB. Consuming excess vitamin cC. Eating a high-fiber dietD. Being physically active*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.01 Explain why people should be concerned about their lifestyle and risk factors for chronic diseases.Section: 1.02Topic: Nutrition basicsTopic: Public health and nutrition***Nutrition-Related Term I**

45. Eating diets that contain high amounts of certain kinds of fat raise the risk of developing heart disease. Thus, a diet that supplies an excessive amount of such fats is a \_\_\_\_ for heart disease.A. dietary modulator**B.** risk factorC. hypothetical variableD. nutritional determinant*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.02.01 Explain why people should be concerned about their lifestyle and risk factors for chronic diseases.Section: 1.02Topic: Nutrition basicsTopic: Public health and nutrition***Nutrition-Related Term II**

46. Eating a high-salt diet increases people's chances of developing high blood pressure. Thus, a diet that supplies excessive amounts of salt is a \_\_\_\_ for high blood pressure.A. hypothetical variableB. dietary modulator**C.** risk factorD. primary predictor*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.02.01 Explain why people should be concerned about their lifestyle and risk factors for chronic diseases.Section: 1.02Topic: Nutrition basicsTopic: Public health and nutrition***Preventing Cancer Deaths**

47. Which of the following lifestyle choices is the primary cause of preventable cancer deaths in the United States?A. Exercising infrequentlyB. Consuming alcohol**C.** Smoking cigarettesD. Eating fatty food*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.02.01 Explain why people should be concerned about their lifestyle and risk factors for chronic diseases.Section: 1.02Topic: Nutrition basicsTopic: Public health and nutrition***Converting Pounds to Kilograms**

48. Jorge weighs 198 pounds. What is his weight in kilograms?A. 100 kg**B.** 90 kgC. 120 kgD. 80 kg*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Converting Kilograms to Pounds I**

49. Elisa weighs 62 kg, which is approximately \_\_\_\_\_ pounds.A. 152B. 202C. 176**D.** 136*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Converting Inches to Centimeters**

50. Jerry's height is 70 inches. What is his approximate height in centimeters?A. 150 cmB. 225 cmC. 125 cm**D.** 178 cm*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Converting Inches to Centimeters II**

51. Dave's height is 72 inches. What is his approximate height in centimeters?A. 195 cmB. 162 cmC. 144 cm**D.** 183 cm*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Converting Kilograms to Pounds II**

52. Kerry weighs 58 kg. What is her approximate weight in pounds?A. 106 poundsB. 98 pounds**C.** 128 poundsD. 86 pounds*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Converting Kilograms to Pounds III**

53. Josh weighs 175 kg. What is his approximate weight in pounds?A. 286 poundsB. 350 poundsC. 406 pounds**D.** 385 pounds*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Converting Kilograms to Pounds IV**

54. Archie weighs 72 kg, which is approximately \_\_\_\_ pounds.A. 108B. 178C. 228**D.** 158*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Converting Kilocalories to Calories**

55. A teaspoon of sugar supplies about 16 kilocalories, which is the same as \_\_\_\_\_ calories.**A.** 16,000B. 160,000C. 1600D. 1.6*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Converting to Kilocalories**

56. A tablespoon of vegetable oil supplies about 100,000 calories, which is the same as \_\_\_\_\_ kilocalories.A. 10B. 10,000C. 1000**D.** 100*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Value for Reporting Food Energy**

57. The energy value of a raw peach is reported as a number of \_\_\_\_\_\_\_\_.**A.** kilocaloriesB. BTUsC. radsD. thermals*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basics***Calculating Food Energy**

58. A serving of food contains 7 g carbohydrate, 15 g protein, 6 g fat, 2 mcg vitamin B12, and 60 mg iron. Based on this information, this food provides \_\_\_ kcal/serving.A. 116B. 126C. 296**D.** 142*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Calculating Kcal**

59. How many kilocalories are in a portion of food that contains 8 g protein, 10 g fat, 22 g carbohydrate, 130 mg vitamin C, and 120 ml water?A. 204B. 208C. 206**D.** 210*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Estimating Food Energy**

60. Erika is making a recipe from foods that contain the following nutrients: 120 ml of water, 60 g of fat, 20 g of protein, 500 mg of vitamin C, 275 g of carbohydrate, and 600 mg of calcium. Approximately how many kilocalories does the entire product of this recipe provide?A. 930B. 1550**C.** 1720D. 780*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Understanding Food Energy**

61. A serving of food supplies 20 g carbohydrate, 10 g fat, 25 g protein, and 100 g water. Which of the following statements is true about a serving of the food?A. Water provides the most food energy.B. Protein provides about 25% of total calories.**C.** Carbohydrate provides the least food energy.D. Fat provides the most food energy.*Accessibility: Keyboard NavigationBloom's Level: 4. AnalyzeLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrient functionsTopic: Nutrition basicsTopic: Nutrition computations***Contributors of Food Energy**

62. A serving of food supplies 20 g carbohydrate, 10 g fat, 25 g protein, and 100 g water. Which of the following statements is true about a serving of the food?A. Water provides the most food energy.B. Carbohydrate provides the most food energy.C. Fat provides the most food energy.**D.** Protein provides the most food energy.*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 4. AnalyzeLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrient functionsTopic: Nutrition basicsTopic: Nutrition computations***Energy-Supplying Nutrients**

63. A serving of food supplies 18 g protein, 20 g carbohydrate, 7 g fat, 18 mg vitamin E, 2 mg iron, and 100 g water. Which of the following statements is true about a serving of the food?A. Vitamin E provides the most food energy.**B.** Carbohydrate provides the most food energy.C. Fat provides about 75% of total calories.D. Fat provides the most food energy.*Accessibility: Keyboard NavigationBloom's Level: 4. AnalyzeLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrient functionsTopic: Nutrition basicsTopic: Nutrition computations***Estimating Kilocalories**

64. A serving of food supplies 25 g carbohydrate, 10 g protein, 400 ml water, 25 mg vitamin B-6, and 8 g fat. According to this information, how many kilocalories are in a serving of this food?**A.** 212B. 262C. 182D. 152*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Comparing Nutrient Density**

65. Which of the following foods is the most nutrient dense per serving?A. Olive oilB. French friesC. Grape drink**D.** Soy milk*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-denseSection: 1.04Topic: Nutrition basics***Most Nutrient-Dense Foods**

66. Which of the following foods is the most nutrient dense per serving?A. Cheese nachosB. Soft margarineC. Iceberg lettuce**D.** Fat-free milk*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-denseSection: 1.04Topic: Food sourcesTopic: Nutrition basics***Choosing a Nutrient-Dense Food**

67. Which of the following foods is the most nutrient dense per serving?A. Cheese nachosB. Soft margarineC. Iceberg lettuce**D.** Orange slices*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 3. ApplyLearning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-denseSection: 1.04Topic: Food sourcesTopic: Nutrition basics***Key Nutrient**

68. According to some nutrition scientists, fiber is a key beneficial nutrient.**TRUE**

*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 1. RememberLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Table 1.8Topic: Nutrition basicsTopic: Public health and nutrition***Key Beneficial Nutrient**

69. According to some nutrition scientists, selenium is a key beneficial nutrient.**FALSE**

*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 1. RememberLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Table 1.8Topic: Nutrition basicsTopic: Public health and nutrition***Key Beneficial Nutrient for Americans**

70. According to some nutrition scientists, vitamin E is a key beneficial nutrient.**FALSE**

*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 1. RememberLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Table 1.8Topic: Nutrition basicsTopic: Public health and nutrition***Concept of Megadose**

71. The recommended amount of a nutrient is 100 mg. Therefore, a megadose of this nutrient would be \_\_\_\_\_\_\_\_.A. 100 mcgB. 10 mgC. 1 mcg**D.** 1 g*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Topic: Nutrition basics***Defining Megadose**

72. The recommended dose of a vitamin is 2 mg. Based on this information, a megadose of the vitamin would be \_\_\_\_\_ .A. 5 mgB. 10 mcgC. 40 mcg**D.** 25 mg*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.03Section: 1.04Topic: Nutrition basics***Vitamin C Intakes**

73. Each day, Phil takes ten pills that each supply 1000 mg of vitamin C. The recommended amount of vitamin C is 90 mg/day. His daily vitamin C intake is an example of a \_\_\_\_\_\_\_\_.A. marginal intakeB. physiological levelC. requirement**D.** megadose*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Topic: Nutrition basics***Converting Grams to Milligrams**

74. Maria limits her sodium intake to 2.3 g/day. This amount is equivalent to \_\_\_\_\_\_\_\_.A. 230 mg/dayB. 23,000 mg/dayC. 23 mg/day**D.** 2300 mg/day*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Metric Conversions**

75. Benjamin limits his sodium intake to 1.5 g/day. This amount is equivalent to \_\_\_\_\_\_\_\_.A. 15,000 mcg/dayB. 15 mg/day**C.** 1500 mg/dayD. 150 mg/day*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 2. UnderstandLearning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Energy-Containing Nutrients**

76. Which of the following substances is a nutrient that provides energy for humans?**A.** SugarB. AlcoholC. ThiaminD. Caffeine*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.Section: 1.01Topic: Nutrition basics***Identifying Micronutrients**

77. Which of the following nutrients is a micronutrient?A. FatB. ProteinC. Water**D.** Magnesium*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basics***Targeting Micronutrients**

78. Which of the following nutrients is a micronutrient?A. CholesterolB. Fat**C.** Vitamin DD. Water*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 1. RememberLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basics***Key Nutrition Concept**

79. Which of the following statements is true?**A.** Most naturally occurring foods contain more than one nutrient.B. Milk, bananas, and soybeans are among the few nutritionally perfect foods for humans.C. Strawberries are an energy-dense food.D. According to nutrition experts, junk foods have no nutritional value.*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Topic: Nutrition basics***Energy Density**

80. Which of the following foods is the most energy dense per serving?A. Fat-free milk**B.** Chocolate chip cookieC. Baked chickenD. Fresh blueberries*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-denseSection: 1.04Topic: Nutrition basics***Energy and Nutrient Density**

81. Which of the following foods is both energy and nutrient dense?A. StrawberriesB. Raw apple slices**C.** Peanut butterD. Whole-grain bread*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-denseSection: 1.04Topic: Nutrition basics***Important Nutrition Concepts**

82. Which of the following statements is true?A. According to scientific evidence, taking megadoses of vitamins and minerals is a safe way to prevent many chronic diseases.B. In the United States, you are more likely to see undernourished than overnourished people.**C.** A diet that has variety contains many different kinds of nutritious foods.D. Nutrition experts generally classify foods as either "good" or "junk."*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Topic: Nutrition basics***Essential Nutrients**

83. An essential nutrient \_\_\_\_\_\_\_\_.**A.** must be supplied by the dietB. is only in foods from animal sourcesC. performs a vital function in the bodyD. is not in foods that are rich sources of empty calories*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient.Section: 1.01Topic: Nutrition basics***Identifying Essential Nutrients**

84. Which of the following nutrients is the most essential for life?A. Vitamin CB. ProteinC. Omega-3 fatty acids**D.** Water*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body.Section: 1.01Topic: Nutrition basics***Predicting Kcals**

85. An 8-ounce serving of a beverage contains 450 ml water, 20 g sugar, and 7 g alcohol. This amount of the beverage supplies \_\_\_\_\_ kcal.A. 115B. 125**C.** 129D. 189*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Determining Kilocalories**

86. An 8-ounce serving of a beverage contains 250 ml water, 20 g sugar, 3 mg caffeine, and 10 g alcohol. This amount of the beverage supplies \_\_\_\_\_ kcal.A. 200**B.** 150C. 125D. 95*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Estimating Energy in Food**

87. An 8-ounce serving of a beverage contains 250 ml water, 30 g sugar, 3 mg caffeine, and 3 g alcohol. This amount of the beverage supplies \_\_\_\_\_ kcal.A. 186**B.** 141C. 176D. 91*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrition basicsTopic: Nutrition computations***Identifying Macronutients**

88. Which of the following substances is not a macronutrient?A. ProteinB. FatC. Carbohydrate**D.** Vitamin C*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrient functionsTopic: Nutrition basics***Classifying Macronutrients**

89. Vitamin C, iron, and fat are classified as macronutrients.**FALSE**

*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 1. RememberLearning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food.Section: 1.03Topic: Nutrient functionsTopic: Nutrition basics*

**Federal Food Programs**

90. Which of the following federally subsidized food programs is designed to improve the nutritional status specifically of low-income pregnant and breastfeeding women and their preschool children in the United States?**A.** WICB. Commodity Supplemental Food ProgramC. UNICEFD. Meals on Wheels*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program.Section: 1.05Topic: Community nutrition servicesTopic: Hunger and food insecurityTopic: Public health and nutrition***Farming Methods**

91. \_\_\_\_\_ includes farming techniques that do not deplete natural resources or harm the environment.A. Nutrigenomic farming**B.** Sustainable agricultureC. Biotechnologic food productionD. Organoleptic crop management*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.05.06 Discuss how sustainable agriculture can improve the environment.Section: 1.05Topic: Food production choices***Undernutrition**

92. Which of the following groups of Americans is most at risk of undernutrition?A. Preschool childrenB. Middle-age men**C.** Chronic alcoholicsD. College freshmen*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.05.03 Discuss undernutrition in the United States.Section: 1.05Topic: Hunger and food insecurityTopic: Public health and nutrition***Food Insecurity**

93. In the United States, food insecurity is most likely to affect \_\_\_\_\_\_\_\_.A. adult women who take birth control pills**B.** older adults on fixed incomesC. adolescent boys experiencing a growth spurtD. body builders who consume too many protein supplements*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.05.03 Discuss undernutrition in the United States.Section: 1.05Topic: Hunger and food insecurity***Undernutrition During Pregnancy**

94. Hannah is in her 5th month of pregnancy. Her diet is poor because she rarely pays attention to her food choices, and she eats a limited variety of foods that she likes. Hannah was described as "undernourished" by her physician. Based on this information, Hannah is likely to \_\_\_\_\_\_\_\_.A. deliver a baby with type 1 diabetesB. give birth to a high-birth-weight babyC. give birth at least two weeks later than expected**D.** deliver a baby who has breathing difficulties*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.05.02 Describe how undernutrition during pregnancy and childhood can affect a child’s physical and intellectual development.Section: 1.05Topic: Hunger and food insecurity***Risks in Developing Countries**

95. Impoverished children who live in developing countries have a high risk of dying from \_\_\_\_\_\_\_\_.A. developing type 2 diabetesB. consuming too much fat and sugar**C.** vitamin A deficiencyD. developing cystic fibrosis*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.05.02 Describe how undernutrition during pregnancy and childhood can affect a child’s physical and intellectual development.Section: 1.05Topic: Public health and nutrition***At-Risk Countries**

96. Children who live in southern Australia and western Europe are more likely to die before their fifth birthday than children living in other regions of the world.**FALSE**

*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 1. RememberLearning Outcome: 01.05.01 Discuss factors that contribute to undernutrition in the world.Section: 1.05Topic: Hunger and food insecurity***Comparing Federal Food Programs**

97. Which of the following statements is true?**A.** The Supplemental Nutrition Assistance Program helps low-income Americans buy food.B. The School Breakfast Program offers free or reduced-cost breakfasts to children, regardless of their family incomes.C. Meals on Wheels provides nutritious meals for pregnant, low-income women who are too sick to leave their homes.D. The School Lunch and Breakfast programs are available to low- and middle-income children in 20 states.*Accessibility: Keyboard NavigationBloom's Level: 1. RememberLearning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program.Section: 1.05Topic: Community nutrition servicesTopic: Public health and nutrition***Empty Calories**

98. Which of the following foods is a major source of empty calories?A. Fresh fruit**B.** Sugar-sweetened soft drinksC. Breads made with white flourD. Fat-free dairy products*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-denseSection: 1.04Topic: Food sourcesTopic: Nutrition basics***Identifying Sources of Empty Calories**

99. \_\_\_\_ is an example of an food that supplies a lot of empty calories.**A.** Lite beerB. Unsalted crackersC. Cottage cheeseD. Whole milk*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-denseSection: 1.04Topic: Nutrition basics***Nutrient Density**

100. Which of the following foods is not nutrient dense?A. Romaine lettuce**B.** Potato chipsC. Orange juiceD. Fresh strawberries*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-denseSection: 1.04Topic: Nutrition basics***Understanding Nutrition Basics**

101. Which of the following statements is true?A. A megadose of vitamin C is within the range of safe intake for the nutrient.B. A healthy diet supplies 90% of its calories from protein-rich foods.**C.** Most foods are mixtures of nutrients.D. Peanut butter contains too many empty calories to be a healthy food.*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Topic: Food sourcesTopic: Nutrition basics***Nutrient Toxicities**

102. Which of the following practices is most likely to result in a nutrient toxicity disorder?A. Drinking 8 ounces of fat-free milk with each meal**B.** Taking megadoses of various vitamin supplements dailyC. Eating 4 ounces of chicken liver once a weekD. Consuming 6 servings of fruits and vegetables daily*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients.Section: 1.04Topic: Deficiency and toxicity diseasesTopic: Nutrition basics***Understanding Federal Food Programs**

103. Belle is pregnant and has two young children. She is having difficulty supporting her family on an income of $18,000/year. Recently, she was diagnosed with high blood pressure and iron deficiency. Based on this information, Belle should enroll in the \_\_\_\_\_ program.A. FDICB. HWHBC. FDA**D.** WIC*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program.Section: 1.05Topic: Community nutrition servicesTopic: Public health and nutrition***Nutrition Program for Pregnant Women**

104. Anna is 17 years of age and pregnant with her first child. She has difficulty earning enough money to support herself, and recently, she was diagnosed with iron deficiency. Based on this information, Anna should enroll in the \_\_\_\_\_ program.A. FDAB. HWHBC. FDIC**D.** WIC*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program.Section: 1.05Topic: Community nutrition servicesTopic: Public health and nutrition***Therapeutic Food**

105. A food scientist would like to develop a ready-to-use therapeutic food that would be supplied to 3- to 5-year-old starving children. Based on this information, which of the following ingredients is not necessary to include in the food's recipe?A. IronB. Vitamin A**C.** CholesterolD. Peanut butter*Accessibility: Keyboard NavigationBloom's Level: 5. EvaluateLearning Outcome: 01.05.01 Discuss factors that contribute to undernutrition in the world.Section: 1.05Topic: Hunger and food insecurityTopic: Nutrition basics***Essential Nutrient Features**

106. A scientist thinks she has discovered an essential nutrient for humans, because this substance is \_\_\_\_\_\_\_\_.A. in most natural foods**B.** needed for the normal development of human cellsC. easily manufactured by chemistsD. required by cats and dogs*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Section: 1.01Topic: Nutrition basics***Features of Vitamins**

107. Scientists at a major university have isolated a chemical from grapes. Which of the following features is an indication that this chemical could be a vitamin?A. The chemical is in grapes, cherries, and tomatoes.**B.** When a person's diet lacks the chemical, his or her body experiences abnormal functioning.C. The chemical has a very limited range of safe intake.D. When large amounts of the chemical are consumed, no health problems occur.*Accessibility: Keyboard NavigationBloom's Level: 4. AnalyzeLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Section: 1.01Topic: Nutrition basics***Applying Basic Nutrition Information**

108. For 5 years, Michael ate only plant foods. He recently developed numbness in his feet and a sore swollen tongue. A few days after he added eggs and milk to his diet, his tongue healed and the numbness in his feet stopped bothering him. Based on this information, Michael probably \_\_\_\_\_\_\_\_.A. suffered from a rare genetic disorder that developed when high levels of various phytochemicals were consumedB. had absorbed toxic minerals from plant foods, which were eliminated from his body when he consumed the animal foodsC. had been infected with a rare viral disease that was transmitted by certain plant foods**D.** developed a nutrient deficiency disorder that was cured by the eating animal foods*Accessibility: Keyboard NavigationBloom's Level: 4. AnalyzeLearning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition.Section: 1.01Topic: Nutrition basics***Health Risks in Developing Countries**

109. Most of the people living in a small South African village have access to nutritious foods. Soon after their birth, 10 infants in the village developed severe diarrhea, which resulted in dehydration. After questioning the infants' parents, local public health officials were able to determine the cause of the diarrhea. Based on the officials' findings, the parents were advised to \_\_\_\_\_\_\_\_.A. reduce the amount of iron in the babies' dietsB. give megadoses of vitamin C to each babyC. add more fruit juice to the babies' diets**D.** stop diluting the babies' formula with local well water*Accessibility: Keyboard NavigationBloom's Level: 3. ApplyLearning Outcome: 01.05.01 Discuss factors that contribute to undernutrition in the world.Section: 1.05Topic: Hunger and food insecurity***Improving the Environment**

110. Which of the following food-related practices is recommended because it can improve the environment?A. Consuming more corn-fed beef and pork**B.** Eating smaller food portionsC. Throwing out uneaten and/or leftover foodsD. Eating more meat, especially beef*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.05.06 Discuss how sustainable agriculture can improve the environment.Section: 1.05Topic: Food production choices***Beneficial Agricultural Methods**

111. Which of the following agricultural practices is recommended because it can improve the environment?A. Expanding farmland into forests and grasslandsB. Raising more corn-fed beef and porkC. Using chemical methods to control crop pests**D.** Applying irrigation water directly to the roots of crops*Accessibility: Keyboard NavigationBloom's Level: 2. UnderstandLearning Outcome: 01.05.06 Discuss how sustainable agriculture can improve the environment.Section: 1.05Topic: Food production choices***Biotechnology**

112. Biotechnology involves the use of living things to improve manufactured products.**TRUE**

*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 1. RememberLearning Outcome: 01.05.05 Define biotechnology as it relates to food production.Section: 1.05Topic: BiotechnologyTopic: Food sources***Biotechnology in Agriculture**

113. Genetic engineering of food crops may result in better crop yields and more nutritious grains, fruits, and vegetables.**TRUE**

*Accessibility: Keyboard NavigationActivity Type: NewBloom's Level: 2. UnderstandLearning Outcome: 01.05.05 Define biotechnology as it relates to food production.Section: 1.05Topic: BiotechnologyTopic: Food sources*

**Chapter 01 Test Bank: The Basics of Nutrition Summary**

*Category* *# of Questions*

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Bloom's Level: 2. Understand 21

Bloom's Level: 3. Apply 41

Bloom's Level: 4. Analyze 5

Bloom's Level: 5. Evaluate 1

Learning Outcome: 01.01.01 Explain why it is important to learn about foods and nutrition. 9

Learning Outcome: 01.01.02 Identify factors that influence personal food choices. 3

Learning Outcome: 01.01.03 Identify lifestyle factors that contribute to some of the leading causes of death in the United States. 6

Learning Outcome: 01.01.04 List the six classes of nutrients, and identify a major role of each class of nutrient in the body. 7

Learning Outcome: 01.01.05 Explain how to determine whether a substance is a phytochemical or an essential nutrient. 8

Learning Outcome: 01.02.01 Explain why people should be concerned about their lifestyle and risk factors for chronic diseases. 4

Learning Outcome: 01.02.02 Compare Americans’ current typical eating habits to the population’s typical eating habits in 1970. 10

Learning Outcome: 01.02.03 Identify the main nutrition-related goal of Healthy People 2020. 2

Learning Outcome: 01.03.01 Identify basic units of the metric system often used in nutrition. 13

Learning Outcome: 01.03.02 Use the caloric values of macronutrients and alcohol to estimate the amount of energy (kcal) in a food. 28

Learning Outcome: 01.04.01 Give examples of foods that supply a lot of empty calories and foods that are energy-dense and/or nutrient-dense 8

Learning Outcome: 01.04.02 Discuss key basic nutrition concepts, such as the importance of eating a variety of foods and why food is the best source of nutrients. 10

Learning Outcome: 01.05.01 Discuss factors that contribute to undernutrition in the world. 3

Learning Outcome: 01.05.02 Describe how undernutrition during pregnancy and childhood can affect a child’s physical and intellectual development. 2

Learning Outcome: 01.05.03 Discuss undernutrition in the United States. 2

Learning Outcome: 01.05.04 Identify major federal food assistance programs, and the populations served by each program. 4

Learning Outcome: 01.05.05 Define biotechnology as it relates to food production. 2

Learning Outcome: 01.05.06 Discuss how sustainable agriculture can improve the environment. 3

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Topic: Food production choices 3

Topic: Food sources 13

Topic: Hunger and food insecurity 7

Topic: Metabolism 1

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Topic: Nutrition basics 91

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Topic: Phytochemicals 5

Topic: Public health and nutrition 21