***Wardlaw’s Contemporary Nutrition, 11e* (Smith)**

**Chapter 1 Nutrition, Food Choices, and Health**

1) The  2015 Food and Health Survey indicated that after taste, \_\_\_\_\_\_\_\_ is now the number two reason why people choose the food they do.

A) nutrition

B) convenience

C) cost

2) Recent studies clearly indicate an association between TV advertising of foods and drinks and \_\_\_\_\_\_\_\_, especially in the United States.

A) dollars spent for food in restaurants

B) purchase of more nutritious products from grocery stores

C) the prevalence of childhood obesity

D) the number of meals eaten at home

3) Which of the following trends has a negative effect on American food habits?

A) More offerings of chicken and fish in restaurants as alternatives to beef

B) Social changes that are leading to a general time shortage for many of us

C) The variety of new, low fat products in the supermarket

D) Widespread availability of information on the nutritional content of fast foods

4) When the cells of the \_\_\_\_\_\_\_\_ are stimulated, the desire to eat subsides.

A) satiety center of the brain

B) feeding center of the brain

C) pancreas

D) tastebuds of the tongue

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

A) Appetite

B) Hunger

C) Satiety

D) Saturation

6) Recent surveys from the USDA indicate that Americans consume most of their calories from

A) dairy products (milk, ice cream), beverages (sugar-sweetened soft drinks, coffee) and vegetables (French fries).

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

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

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

7) The *essential* *nutrients*

A) must be consumed at every meal.

B) are required for infants but not adults.

C) can be made in the body when they are needed.

D) cannot be made by the body and therefore must be consumed to maintain health.

8) Nutrition is

A) the science that links food to health and disease.

B) the study of diet and disease patterns among various populations.

C) the use of dietary supplements to cure diseases.

D) the practice of eating only healthy foods.

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

A) Heart disease

B) Cancer

C) Diabetes

D) Pneumonia

10) Which of the following is an essential nutrient?

A) Alcohol

B) Carbohydrates

C) Phytochemicals

D) Zoochemicals

11) The main function of carbohydrates is to

A) provide energy.

B) promote growth and development.

C) regulate body processes.

D) prevent cancer.

12) Carbohydrates provide \_\_\_\_\_\_\_\_ kcal per gram.

A) 4

B) 7

C) 9

D) 0

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

A) Water

B) Protein

C) Carbohydrate

D) Minerals

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

15) Fiber belongs to the class of nutrients known as

A) carbohydrates.

B) protein.

C) lipids.

D) minerals.

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

A) Carotenoids

B) Cholesterol

C) Fiber

D) Enzymes

17) Which of the following is characteristic of lipids?

A) Supply 4 kcal per gram

B) Add structural strength to bones and muscles

C) Supply a concentrated form of fuel for the body

D) Add sweetness to food

18) Which of the following is a characteristic of vitamins?

A) Provide energy

B) Become structural components of the body

C) Enable chemical processes in the body

D) Made in sufficient quantities by the body

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

20) Minerals can

A) provide energy.

B) be destroyed during cooking.

C) be degraded by the body.

D) become part of body structures.

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

A) Provides energy

B) Transports nutrients and wastes

C) Structural component of bone

D) Prevents oxidative damage to cell membranes

22) Which of the following are substances in plant foods that are not digested in the stomach or small intestine?

A) Dextrose

B) Disaccharides

C) Dietary fiber

D) Simple sugars

23) Which of the following contain no calories?

A) Alcohol

B) Proteins

C) Carbohydrates

D) Vitamins

24) Which of the following is a complex carbohydrate?

A) Starch

B) Sucrose

C) Fruit sugar

D) Glucose

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

A) Proteins

B) Carbohydrates

C) Water

D) Vitamins

26) Protein

A) is a major component of body structures.

B) supplies 9 kcal per gram.

C) is a significant energy source for humans.

D) functions as a solvent.

27) What substances, present in fruits and vegetables, provide significant health benefits such as reducing the risk of cancer?

A) Phytochemicals

B) Beta blockers

C) Deoxidizers

D) Free radicals

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

A) 161

B) 92

C) 207

D) 255

29) A kilocalorie is a measure of

A) heat energy.

B) fat in food.

C) nutrients in food.

D) sugar and fat in food.

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

A) cannot

B) can

31) When in Europe, you are told that you are eating a steak weighing 140 grams. This is equivalent to how many ounces?

A) 5 ounces

B) 3920 ounces

C) 8.75 ounces

D) 1.4 ounces

32) One cup of chocolate milk contains 15 grams of carbohydrates, 8 grams of fat, and 8 grams of protein. This cup of chocolate milk supplies \_\_\_\_\_\_\_\_ kcal.

A) 164

B) 124

C) 279

D) 31

33) Shelby weighs 70 kilograms, which is \_\_\_\_\_\_\_\_ pounds.

34) A weight reduction regimen calls for a daily intake of 1400 kcal and 30 grams of fat. Approximately \_\_\_\_\_\_\_\_% of the total energy is provided by fat.

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

A) 2 quarts.

B) 4 cups.

C) 2 gallons.

D) 2 pints.

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

A) Lipids

B) Fiber

C) Vitamins

D) Minerals

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

A) Lipids supply 7 kcal per gram.

B) Carbohydrates and proteins supply 4 kcal per gram.

C) Alcohol supplies 9 kcal per gram.

D) Lipids and alcohol supply 9 kcal per gram.

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

A) Plant fats

B) Plant carbohydrates

C) Plant proteins

D) Animal proteins

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

A) Carbohydrates, lipids, protein, water

B) Vitamins, minerals, carbohydrates, lipids, protein

C) Alcohol, carbohydrates, lipids, protein

D) Carbohydrates, lipids, protein, vitamins, minerals, water

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

A) 137

B) 313

C) 287

D) 437

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

A) 23%

B) 52%

C) 19%

D) 41%

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

A) Carbohydrates

B) Proteins

C) Alcohol

D) Fats

43) Which of the following most accurately describes the term *epidemiology*?

A) A test made to examine the validity of an educated guess

B) An educated guess by a scientist to explain a phenomenon

C) A study of how disease rates vary among different population groups

D) An explanation for a phenomenon that has numerous lines of evidence to support it

44) In the \_\_\_\_\_\_\_\_ experimental design, neither the participants nor the researchers are aware of each participant's assignment (test or placebo) or the outcome of the study until it is completed.

A) animal model

B) case control

C) double-blinded

D) clinical trial

45) Which of the following accurately describes the term *hypothesis*?

A) A test made to examine the validity of an educated guess

B) An educated guess by a scientist to explain a phenomenon

C) A study of how disease rates vary among different population groups

D) An explanation for a phenomenon that has numerous lines of evidence to support it

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

A) compentency check.

B) performance review.

C) independent critique.

D) peer review.

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

A) placebo

B) control

C) case

D) hypothesis

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

A) 20% to 35%

B) 45% to 65%

C) 10% to 35%

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

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52) *Healthy People 2020* was designed to

A) eliminate health disparities, improve access to health education and quality health care, and strengthen public health services.

B) disclose dietary practices that best support health.

C) prevent chronic disease.

D) eliminate dietary inadequacies and excesses, and to encourage healthful practices.

53) Which of the following is true about the North American diet?

A) Most of our protein comes from plant sources.

B) Approximately half of our carbohydrates come from simple sugars.

C) Most of our fats come from plant sources.

D) Most of our carbohydrates come from fibers.

54) To reduce their risk for many chronic diseases, Americans should limit their intakes of

A) solid fats.

B) whole grains.

C) phytochemicals.

D) water.

55) On average, Americans consume approximately \_\_\_\_\_\_\_\_% of total calories as fat.

A) 33

B) 20

C) 28

D) 50

56) The prevalence of obesity has

A) not changed in women but increased in men.

B) not changed in men but increased in women.

C) increased for both men and women.

D) not changed for men or women.

57) A nutrition-related objective from *Healthy People 2020* is to reduce

A) the proportion of adults who are obese.

B) the contribution of fruits to the diet.

C) the contribution of whole grains to the diet.

D) the proportion of adults who are at a healthy weight.

58) Over the past 50 years, rates of \_\_\_\_\_\_\_\_ have declined among American adults.

A) death from cardiovascular disease

B) cardiovascular disease

C) obesity

D) diabetes

59) A warning sign or symptom of alcohol poisoning is

A) semiconsciousness or unconsciousness.

B) rapid breathing.

C) skin that is hot to the touch.

D) insomnia.

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

A) typical waist circumference of college students after their freshman year.

B) typical body fat percentage of college students after their freshman year.

C) amount of weight (in pounds) typically gained during the freshman year of college.

D) typical BMI of college students after their freshman year.

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

A) continuous workouts lasting more than 60 minutes.

B) workouts in cold weather.

C) strength training.

D) outdoor athletic events.

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

A) A woman who drinks two 12-fl oz cans of beer while eating steamed crabs.

B) A man who drinks four shots of whiskey at a bachelor party.

C) A woman who drinks three 5-fl oz glasses of wine at a cocktail party.

D) A man who drinks a six-pack of 12-fl oz bottles of beer at a cookout.

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

Match the following units with their equivalent measures.

A) 2.54 centimeters

B) 2.2 pounds

C) 28 grams

D) 240 milliliters

E) 1 teaspoon

64) 1 ounce

65) 1 kilogram

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

67) 1 fluid cup

68) 1 inch

Match the following phytochemicals with their main food source.

A) Citrus fruit, tea, chocolate

B) Red, blue, and purple plants (blueberries, eggplant)

C) Grapes, peanuts, red wine

D) Soybeans, legumes

E) Flaxseed, berries, whole grains

F) Garlic, onions, leek

G) Orange, red, and yellow fruits and vegetables

69) Allyl sulfides/organosulfurs

70) Carotenoids

71) Lignans

72) Phytosterols/isoflavones

73) Flavonoids

74) Resveratrol

75) Anthocyanosides

Match the following terms with their definitions.

A) Organic compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body

B) Hereditary material that provides the blueprints for the production of cell proteins

C) Heat needed to raise 1 liter of water 1 degree Celsius

D) The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen

E) Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly

F) Chemical elements used in the body to promote chemical reactions and to form body structures

G) An aspect of our lives that may make us more likely to develop a disease

H) Chemical substances in food that contribute to health.

I) A condition in which blood pressure remains persistently elevated.

J) Compound that speeds the rate of a chemical process but is not altered by the process

76) Amino acid

77) Phytochemicals

78) Kilocalorie

79) Vitamins

80) Nutrients

81) Minerals

82) Risk factor

83) Enzyme

84) Genes

85) Hypertension

Match the following terms with their definitions.

A) Physiological (internal) drive to find and eat food, mostly regulated by innate cues to eating

B) A condition characterized by excess body fat

C) State in which there is no longer a desire to eat; a feeling of satisfaction

D) Compound secreted into the bloodstream that acts to control the function of distant cells

E) Psychological (external) influences that encourage us to find and eat food

86) Appetite

87) Hunger

88) Satiety

89) Hormone

90) Obesity