***Nutrition: An Applied Approach***

**In Depth: Phytochemicals**

Multiple-Choice Questions

1) Phytochemicals are

A) micronutrients.

B) macronutrients.

C) found only in plants.

D) found only in animals.

Answer: C

2) Which of the following statements is FALSE?

A) Phytochemicals are nutrients necessary for sustaining health and life.

B) Phytochemicals protect plants from insects and microbes.

C) Phytochemicals have been shown to reduce the risk of cardiovascular disease and cataracts.

D) Phytochemicals are naturally occurring compounds found in plants.

Answer: A

3) Which of the following statements is TRUE about the consumption of foods containing phytochemicals?

A) They increase the risk of diseases of aging.

B) They reduce the risk of cancer.

C) They increase the rates of infection.

D) They increase the rates of blood clotting.

Answer: B

4) Antioxidants neutralize

A) phytochemicals.

B) free radicals.

C) vitamins.

D) acids.

Answer: B

5) Which of the following sources of phytochemicals is thought to be the MOST beneficial to human health?

A) supplements

B) whole foods

C) functional foods

D) processed foods

Answer: B

6) Which of the following is NOT a health-promoting function associated with a high intake of plant-based foods?

A) reduction in inflammation that is linked to the development of heart disease

B) slowing of tumor cell growth in the development of cancer

C) decrease in bone loss associated with the osteoporosis

D) enhanced immune function to protect against infection

Answer: C

True/False Questions

1) Research has found that the health-promoting properties of phytochemicals are primarily due to their antioxidant activity.

Answer: FALSE

2) Current research suggests that the health benefits of phytochemicals come only in supplement form.

Answer: FALSE

3) Epidemiological studies cannot identify cause-and-effect relationships between food intake and disease.

Answer: TRUE

4) An RDA for phytochemicals has not been established.

Answer: TRUE

5) Because they are not nutrients, high intakes of phytochemical supplements are not harmful.

Answer: FALSE

6) The majority of the research demonstrating the relationship between a reduced disease risk and a high intake of plant food comes from large epidemiological studies.

Answer: TRUE

7) Spinach and sweet potatoes are rich sources of phytochemicals.

Answer: TRUE

8) The reason that phytochemicals are found naturally in plant foods is to increase their nutrient content.

Answer: FALSE