**The Basics of Understanding Nutrition**

**Multiple Choice**

1. Which of the following is not considered a nutrient?

a. Vitamin

b. Water

c. Carbohydrate

d. Alcohol

e. Mineral

ANS: d REF: 5|6 TOP: The Nutrients in Foods

2. For which of the following causes of death does a person’s diet play a part?

a. Lung disease

b. Cancer

c. Chronic lower respiratory diseases

d. Infections of the blood

e. AIDS

ANS: b REF: 7|8 TOP: Nutrition and Health Promotion

3. Researchers repeatedly report that people who consume a variety of foods such as fruits, vegetables, legumes, nuts, and whole grains have reduced risks of which of the following diseases?

a. Certain cancers

b. Stroke

c. Heart disease

d. Kidney disease

e. a, b, and c

ANS: e REF: 9 TOP: Nutrition and Health Promotion

4. Characteristics of a legitimate and qualified dietitian include all of the following **except**:

a. an undergraduate degree in food and nutrition or a related science.

b. completion of an approved dietetic internship or its equivalent.

c. use of the term *nutritionist* after the individual’s name.

d. successful completion of a national examination and maintenance of continuing education.

ANS: c REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

5. The credential *R.D.* displayed by a dietitian’s name indicates registration with:

a. the American Dietetic Association.

b. the International Academy of Nutritional Consultants.

c. the National Board of Licensed Dietitians.

d. the American Association of Nutrition and Dietary Consultants.

ANS: a REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

6. One gram of carbohydrate yields \_\_\_\_\_ calories, one gram of fat yields \_\_\_\_\_, and one gram of protein yields \_\_\_\_\_.

a. 4, 8, 4

b. 4, 9, 4

c. 7, 4, 4

d. 4, 7, 9

e. 4, 9, 7

ANS: b REF: 6 TOP: The Nutrients in Foods

7. The acronym CARS can be used to determine the quality of information found on the Internet and includes which of the following terms?

a. Adequacy

b. Credibility

c. Reliability

d. Sense

ANS: b REF: 24-25 TOP: How Do You Tell If It’s Nutrition Fact?

8. Which of the following activities demonstrates a concern for sustainability issues related to food consumption?

a. Purchasing fresh strawberries when they are out of season and more costly

b. Buying bananas grown in Costa Rica

c. Shopping when you are not hungry

d. Purchasing corn from the farmer in your neighborhood

e. Buying only items that are very nutritious

ANS: d REF: 18 TOP: Understanding Our Food Choices

9. Imagine that you are reading a magazine article about a new product that claims to benefit health. Which of the following suggests that these claims might be valid?

a. The product is described as a “secret formula.”

b. The article provides anecdotal evidence that the product works.

c. Scientific research is cited.

d. The product is available only through a commercial.

e. The article includes testimonials from satisfied customers.

ANS: c REF: 23-24 TOP: How Do You Tell If It’s Nutrition Fact?

10. Limiting your intake of sodium may lower your risk for which disease?

a. Stroke

b. Gallbladder disease

c. Diabetes

d. Obesity

e. Colon cancer

ANS: a REF: 10 TOP: Nutrition and Health Promotion

11. Which of the following is **not** a useful strategy when eating out?

a. Order grilled rather than fried foods.

b. Use mayonnaise in place of mustard.

c. Order a smaller burger, not a double burger.

d. Order skim milk rather than a milkshake.

ANS: b REF: 21 TOP: Good and Fast

12. The leading cause of death in the United States is:

a. cancer.

b. heart disease.

c. homicide.

d. liver disease.

ANS: b REF: 8 TOP: Nutrition and Health Promotion

13. Marcia decides to go shopping and wants to purchase foods with less fat and calories and also to save money. Any of the following would be good to buy **except**:

a. salsa.

b. pork tenderloin.

c. frozen broccoli.

d. chicken nuggets.

ANS: d REF: 16 TOP: Tips for Supermarketing

14. Joy decides to use the smart shopping tips she learned in her college nutrition course. All of the following would be good ideas **except**:

a. shopping when she is hungry so she will think of things to buy.

b. buying fresh foods in season.

c. reading the ingredients to compare similar products.

d. checking the store’s sales circular for items on her shopping list.

ANS: a REF: 16 TOP: Tips for Supermarketing

15. If you weigh 150 pounds and are at a desirable weight, how much of that weight is water?

a. 20 pounds

b. 30 pounds

c. 50 pounds

d. 90 pounds

ANS: d REF: 6 TOP: The Nutrients in Foods

16. Which statement about essential nutrients is **false**?

a. There are about 40 nutrients known to be essential.

b. Essential nutrients must be obtained from food.

c. All nutrients are important for life and therefore essential.

d. Some nutrients in foods are considered nonessential.

ANS: c REF: 5 TOP: The Nutrients in Foods

17. Which of the following nutrients provide 4 calories per gram?

a. Carbohydrate and fat

b. Fat and protein

c. Carbohydrate and protein

d. Alcohol and protein

ANS: c REF: 6 TOP: The Nutrients in Foods

18. Which of the following vitamins are fat soluble?

a. A, D, E, and K

b. A, C, B, and D

c. K, B, and C

d. D, B, and C

ANS: a REF: 6 TOP: The Nutrients in Foods

19. Which of the nutrients do not provide energy?

a. Water and vitamins only

b. Water, vitamins, and protein

c. Water and minerals only

d. Water, vitamins, and minerals

ANS: d REF: 6 TOP: The Nutrients in Foods

20. A slice of apple pie contains 50 grams of carbohydrate, 12 grams of fat, and 4 grams of protein. How many total calories would the slice of pie provide?

a. 264 calories

b. 324 calories

c. 924 calories

d. There is not sufficient information to determine the number of calories.

ANS: b REF: 6|7 TOP: The Nutrients in Foods

21. Which of the following provides 7 calories per gram?

a. Protein

b. Fat

c. Carbohydrate

d. Alcohol

ANS: d REF: 6 TOP: The Nutrients in Foods

22. Which of the following is **not** a function of water in the body?

a. It is the medium in which all the body’s processes take place

b. It transports hormonal messages from place to place

c. It provides a small amount of energy needed by the nervous system

d. It carries nutrients to body cells

ANS: c REF: 6 TOP: The Nutrients in Foods

23. Which disease is not influenced by diet?

a. Hypertension

b. Hemophilia

c. Arthritis

d. Cancer

ANS: b REF: 8 TOP: Nutrition and Health Promotion

24. Where do most Americans look first for information on nutrition?

a. Doctors

b. Family/friends

c. TV

d. Magazines

ANS: c REF: 17 TOP: Understanding Our Food Choices

25. Which of the nutrients listed below does **not** provide energy for the body?

a. Carbohydrate

b. Water

c. Fat

d. Protein

ANS: b REF: 6 TOP: The Nutrients in Foods

26. Which of the following are the water-soluble vitamins?

a. B vitamins and D

b. A and D

c. B vitamins and C

d. A, D, E, and K

ANS: c REF: 6 TOP: The Nutrients in Foods

27. Susan wants to eat lunch at the fast-food restaurant near her school. Which of the following choices would you recommend she order?

a. A grilled chicken sandwich with ketchup, side salad with vinaigrette

b. A fried chicken sandwich with mayonnaise, side salad with dressing

c. A fish sandwich with tarter sauce, baked potato with butter

d. A cheeseburger and a milkshake

ANS: a REF: 21 TOP: Good and Fast

28. Which of the following is **not** one of the *Healthy People 2020* nutrition-related objectives for the nation?

a. Reduce deaths from food allergies

b. Reduce rates of iron-deficiency anemia

c. Increase intake of fruits

d. Decrease food security among U.S. households

ANS: d REF: 12 TOP: A National Agenda for Improving Nutrition

29. A double cheeseburger with bacon contains 44 grams of protein, 28 grams of carbohydrate, and 39 grams of fat. What percentage of calories in the sandwich comes from fat?

a. 28%

b. 55%

c. 80%

d. There is not sufficient information to determine the percentage of calories from fat.

ANS: b REF: 7 TOP: The Nutrients in Foods

30. Helen is ordering a pizza for her family. Which would be the best topping for her to request?

a. Green peppers

b. Pepperoni

c. Sausage

d. Extra cheese

ANS: a REF: 21 TOP: Good and Fast

31. Which member of the typical person’s social group often plays the most powerful role in determining his or her food choices?

a. The father

b. The siblings

c. The mother

d. The friends

ANS: c REF: 17 TOP: Understanding Our Food Choices

32. Jerry signed up for a scientific study in which he will follow a special diet to see if it will lower his high blood cholesterol level. Which type of scientific study is this?

a. Intervention study

b. Placebo study

c. Epidemiological study

d. Survey study

ANS: a REF: 23-24 TOP: How Do You Tell If It’s Nutrition Fact?

33. What compound supplies energy but cannot promote growth or repair of the body?

a. Tobacco

b. Fat

c. Alcohol

d. Glucose

ANS: c REF: 6 TOP: The Nutrients in Foods

34. If a food has 10 grams of fat and 100 calories per serving, what is the percentage of calories from fat in this food?

a. 10%

b. 40%

c. 50%

d. 90%

ANS: d REF: 7 TOP: The Nutrients in Foods

35. If Sasha wants to consume 30% of her total calories from fat and she eats 2000 calories per day, what is the maximum number of fat grams she should eat?

a. 35 grams

b. 50 grams

c. 65 grams

d. 75 grams

ANS: c REF: 7 TOP: The Nutrients in Foods

36. What does the cultural habit of *hara hachi bu* mean to the Okinawans?

a. It means they do not smoke or drink alcohol.

b. It means they only eat until they are 80 percent full.

c. It means they exercise 45 minutes each day.

d. It means they eat less than 35% of their calories from fat.

ANS: b REF: 11 TOP: Eating Pattern for Longevity

37. One nutrition-related *Healthy People 2020* objective is to reduce \_\_\_\_\_ in the U.S. population.

a. intakes of solid fats and added sugars

b. the variety of vegetables consumed

c. intakes of calcium-rich foods

d. the contribution of dietary whole grains

ANS: a REF: 12 TOP: A National Agenda for Improving Nutrition

38. Since 2000, \_\_\_\_\_ declined and \_\_\_\_\_ increased in the U.S.

a. death rates from stroke have; death rates from all forms of cancer have

b. death rates from heart disease have; life expectancy has

c. prevalence of obesity has; the percentage of inactive adults has

d. life expectancy has; death rates from heart disease have

ANS: b REF: 13 TOP: A National Agenda for Improving Nutrition

39. How does the diet of the centenarians from the islands of Okinawa compare to that of most U.S. adults?

a. The U.S. adults consume more seafood but fewer saturated fats.

b. The Okinawans consume more vegetables but fewer calories.

c. The U.S. adults consume more fruits but fewer calories.

d. The Okinawans consume more calories but fewer sweets.

ANS: b REF: 11 TOP: Eating Pattern for Longevity

40. Why are degenerative illnesses sometimes termed “diseases of affluence”?

a. Extremely low incomes can promote malnutrition by making it difficult for people to afford enough food

b. The food industry spends billions of dollars on advertising campaigns for high-fat/ high-sugar foods, beverages, and fast foods

c. The perception that healthful foods are more expensive prompts people to choose high-fat or sugary convenience foods over produce and whole grains

d. Easy access to a variety of foods allows people to choose diets high in meats and other fatty foods that promote chronic disease development

ANS: d REF: 15 TOP: Understanding Our Food Choices

41. Cultural norms help determine food choices by:

a. imparting an innate preference for sweet tastes.

b. serving as the most influential source of nutrition information in the U.S.

c. influencing beliefs about which plants and animals should be eaten as food.

d. controlling the physiological need for food.

ANS: c REF: 18 TOP: Understanding Our Food Choices

42. One hallmark of a credible nutrition article is that it:

a. describes results of a study of a sufficiently large group of people.

b. discusses recent research studies that are at least 10 years old.

c. presents results that differ remarkably from those of similar studies.

d. appears in a respected newspaper with a large national circulation.

ANS: a REF: 24 TOP: How Do You Tell If It’s Nutrition Fact?

43. Simone is looking for some reliable information on nutrition, and performs an Internet search. Which of the following would suggest that the site she is reading is unreliable?

a. The site states: “This website is authored and maintained by John Fawkes, M.D., a practicing physician who teaches at --- University Medical School.”

b. The latest post on the “recent news” page is dated the day before

c. The site describes both potential risks and benefits of taking calcium supplements

d. The sources of statistics and study findings discussed are not listed anywhere

ANS: d REF: 24-25 TOP: How Do You Tell If It’s Nutrition Fact?

**True/False**

1. The social and cultural groups to which a person belongs have a significant effect on food choices.

ANS: T REF: 17 TOP: Understanding Our Food Choices

2. The First Amendment to the Constitution allows journalists the freedom of the press to make claims for nutrition products.

ANS: T REF: 24 TOP: How Do You Tell If It’s Nutrition Fact?

3. A nutrition claim that appears in a newspaper is usually a confirmed, and therefore reliable, finding.

ANS: F REF: 23-24 TOP: How Do You Tell If It’s Nutrition Fact?

4. An epidemiological study examines populations to determine food patterns and health status over time.

ANS: T REF: 23-24 TOP: How Do You Tell If It’s Nutrition Fact?

5. Access to an abundance of foods has been shown to contribute to increased rates of degenerative diseases.

ANS: T REF: 7-8 TOP: Nutrition and Health Promotion

6. Nutrient deficiency diseases have been virtually eliminated in America.

ANS: T REF: 7 TOP: Nutrition and Health Promotion

7. The physiological need for food is also known as appetite.

ANS: F REF: 15 TOP: Understanding Our Food Choices

8. Cigarette smoking is the leading cause of preventable death in the United States.

ANS: T REF: 22|26 TOP: How Do You Tell If It’s Nutrition Fact?

9. To eat a fast-food meal is really not consistent with a healthy lifestyle.

ANS: F REF: 20 TOP: Good and Fast

10. Even when people are served more food, they tend to eat the same amount.

ANS: F REF: 20 TOP: Good and Fast

11. The Okinawans exhibit the highest mortality rates on earth.

ANS: F REF: 11 TOP: Eating Pattern for Longevity

12. The diet of Okinawan elders is 80% plant-based and high in soy.

ANS: T REF: 11 TOP: Eating Pattern for Longevity

13. Okinawans are a group of Eskimos that eat a high-fat diet but still maintain good health.

ANS: F REF: 11 TOP: Eating Pattern for Longevity

14. The Okinawans have a lower prevalence of chronic diseases than most others in the world.

ANS: T REF: 11 TOP: Eating Pattern for Longevity

**Matching**

*Match the term with the short phrase or description that best matches it.*

a. a study of a population that searches for possible correlations between nutrition factors and health patterns over time.

b. a population study examining the effects of a treatment on experimental subjects compared to a control group.

c. a group of individuals with characteristics that match the group being treated in an intervention study but who receive a sham treatment or no treatment at all.

d. a sham or neutral treatment given to a control group.

e. a simultaneous change in two factors.

f. the participants in a study who receive the real treatment or intervention under investigation.

1. control group

2. correlation

3. epidemiological study

4. experimental group

5. intervention study

6. placebo

1. ANS: c REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

2. ANS: e REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

3. ANS: a REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

4. ANS: f REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

5. ANS: b REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

6. ANS: d REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

*Match the term with the short phrase or description that best matches it.*

a. conscious deceit regarding health that is practiced for profit.

b. another name for fraud.

c. approval by a professional organization of an educational program offered.

d. a person who claims to be capable of advising people about their diets.

e. a correspondence school that grinds out degrees the way a grain mill grinds out flour.

f. part of the U.S. Constitution that guarantees freedom of the press.

g. a school from which courses can be taken and degrees granted by mail.

h. a professional who has graduated from a program of dietetics accredited by the Commission on Accreditation for Dietetics Education (CADE).

7. accreditation

8. correspondence school

9. diploma mill

10. First Amendment

11. health fraud

12. quackery

13. nutritionist

14. RD

7. ANS: c REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

8. ANS: g REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

9. ANS: e REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

10. ANS: f REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

11. ANS: a REF: 5 TOP: Chapter Introduction

12. ANS: b REF: 5 TOP: Chapter Introduction

13. ANS: d REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

14. ANS: h REF: 26 TOP: How Do You Tell If It’s Nutrition Fact?

**Essay**

1. List five foods that you typically eat and indicate the possible factors that influence your food choices.

ANS: See p. 15-19 TOP: Understanding Our Food Choices

2. Describe the procedure for locating a reliable source of nutrition information.

ANS: See p. 23-25|26 TOP: How Do You Tell If It’s Nutrition Fact?

3. Discuss how environmental, behavioral, social, and genetic factors work together to determine a person’s likelihood of suffering from a degenerative disease.

ANS: See p. 7-10 TOP: Nutrition and Health Promotion

4. Describe a typical fast-food meal and offer tips on how you could reduce the saturated fat and calories from fast-food meals.

ANS: See p. 20-21 TOP: Good and Fast

5. List 3 things you can do to help save money and time while providing healthful meals for you and your family.

ANS: See p. 16 TOP: Tips for Supermarketing

6. List 4 factors that work together to determine a person’s likelihood of suffering from a degenerative disease.

ANS: See p. 7-8 TOP: Nutrition and Health Promotion

7. Discuss why the term “malnutrition” does not necessarily mean a person is suffering from a deficiency disease.

ANS: See p. 7 TOP: Nutrition and Health Promotion

8. Using the *Healthy People 2020* goals, identify 3 personal health objectives that you know you need to improve upon, and suggest ways you can reach these goals.

ANS: See p. 10|12 TOP: A National Agenda for Improving Nutrition

9. You are a typical busy college student and have 45 minutes before your next class. You rush into a fast-food restaurant determined to make a healthy choice. Describe what you would order. Include a main course, side dish, and beverage.

ANS: See p. 21 TOP: Good and Fast

10. Describe how an early childhood experience related to food has impacted your food choices now that you are older.

ANS: See p. 17-18 TOP: Understanding Our Food Choices

***Personal Nutrition* 8e Chapter 1 Test**

**Multiple Choice**

1. Which of the following is not considered a nutrient?

a. Vitamin

b. Water

c. Carbohydrate

d. Alcohol

e. Mineral

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b. the variety of vegetables consumed

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c. influencing beliefs about which plants and animals should be eaten as food.

d. controlling the physiological need for food.

42. One hallmark of a credible nutrition article is that it:

a. describes results of a study of a sufficiently large group of people.

b. discusses recent research studies that are at least 10 years old.

c. presents results that differ remarkably from those of similar studies.

d. appears in a respected newspaper with a large national circulation.

43. Simone is looking for some reliable information on nutrition, and performs an Internet search. Which of the following would suggest that the site she is reading is unreliable?

a. The site states: “This website is authored and maintained by John Fawkes, M.D., a practicing physician who teaches at --- University Medical School.”

b. The latest post on the “recent news” page is dated the day before

c. The site describes both potential risks and benefits of taking calcium supplements

d. The sources of statistics and study findings discussed are not listed anywhere

**True/False**

1. The social and cultural groups to which a person belongs have a significant effect on food choices.

2. The First Amendment to the Constitution allows journalists the freedom of the press to make claims for nutrition products.

3. A nutrition claim that appears in a newspaper is usually a confirmed, and therefore reliable, finding.

4. An epidemiological study examines populations to determine food patterns and health status over time.

5. Access to an abundance of foods has been shown to contribute to increased rates of degenerative diseases.

6. Nutrient deficiency diseases have been virtually eliminated in America.

7. The physiological need for food is also known as appetite.

8. Cigarette smoking is the leading cause of preventable death in the United States.

9. To eat a fast-food meal is really not consistent with a healthy lifestyle.

10. Even when people are served more food, they tend to eat the same amount.

11. The Okinawans exhibit the highest mortality rates on earth.

12. The diet of Okinawan elders is 80% plant-based and high in soy.

13. Okinawans are a group of Eskimos that eat a high-fat diet but still maintain good health.

14. The Okinawans have a lower prevalence of chronic diseases than most others in the world.

**Matching**

*Match the term with the short phrase or description that best matches it.*

a. a study of a population that searches for possible correlations between nutrition factors and health patterns over time.

b. a population study examining the effects of a treatment on experimental subjects compared to a control group.

c. a group of individuals with characteristics that match the group being treated in an intervention study but who receive a sham treatment or no treatment at all.

d. a sham or neutral treatment given to a control group.

e. a simultaneous change in two factors.

f. the participants in a study who receive the real treatment or intervention under investigation.

1. control group

2. correlation

3. epidemiological study

4. experimental group

5. intervention study

6. placebo

*Match the term with the short phrase or description that best matches it.*

a. conscious deceit regarding health that is practiced for profit.

b. another name for fraud.

c. approval by a professional organization of an educational program offered.

d. a person who claims to be capable of advising people about their diets.

e. a correspondence school that grinds out degrees the way a grain mill grinds out flour.

f. part of the U.S. Constitution that guarantees freedom of the press.

g. a school from which courses can be taken and degrees granted by mail.

h. a professional who has graduated from a program of dietetics accredited by the Commission on Accreditation for Dietetics Education (CADE).

7. accreditation

8. correspondence school

9. diploma mill

10. First Amendment

11. health fraud

12. quackery

13. nutritionist

14. RD

**Essay**

1. List five foods that you typically eat and indicate the possible factors that influence your food choices.

2. Describe the procedure for locating a reliable source of nutrition information.

3. Discuss how environmental, behavioral, social, and genetic factors work together to determine a person’s likelihood of suffering from a degenerative disease.

4. Describe a typical fast-food meal and offer tips on how you could reduce the saturated fat and calories from fast-food meals.

5. List 3 things you can do to help save money and time while providing healthful meals for you and your family.

6. List 4 factors that work together to determine a person’s likelihood of suffering from a degenerative disease.

7. Discuss why the term “malnutrition” does not necessarily mean a person is suffering from a deficiency disease.

8. Using the *Healthy People 2020* goals, identify 3 personal health objectives that you know you need to improve upon, and suggest ways you can reach these goals.

9. You are a typical busy college student and have 45 minutes before your next class. You rush into a fast-food restaurant determined to make a healthy choice. Describe what you would order. Include a main course, side dish, and beverage.

10. Describe how an early childhood experience related to food has impacted your food choices now that you are older.