**What Is Nutrition?**

1) The most important factor that influences food choice is

A) culture.

B) convenience.

C) flavor/taste.

D) advertising.

Answer: C

Page Ref: 4

2) Japan is an island nation surrounded by ocean. Fish and other seafood play a key role in Japanese cuisine. This represents an example of the influence of \_\_\_\_\_\_\_\_ in food choice.

A) genetics

B) environment

C) advertising

D) health

Answer: B

Page Ref: 5

3) Which of the following has the *least* effect on the foods that we choose to eat?

A) the people that surround us

B) the weather forecast for the next month

C) exams and other school-related stress

D) the nutrition information on the back of packaged food

Answer: B

Page Ref: 4-7

BT: Understanding

4) Jada's parents both worked from 8 a.m. until 6 p.m. every day. When Jada and her sister got home from school each day, they ate a snack and did homework until dinner time. Jada's mom was tired at the end of the day and often stopped at the grocery store on her way home from work. She would pick up prepared meals or pre-prepared ingredients that just needed to be assembled. Which of the following factors most influenced the choice of dinner in Jada's household?

A) convenience

B) genetics

C) culture

D) environment

Answer: A

Page Ref: 7

BT: Applying

5) Which of the following can be classified as functional foods?

A) soybeans and soy-based foods

B) whole grains

C) berries, cherries, and red grapes

D) all of the above

Answer: D

Page Ref: 29

Learning Outcome: 1.2, 1.3, 1.7

BT: Understanding

6) Which of the following may possess health benefits due to naturally occurring phytochemicals?

A) table salt

B) refined sugar

C) vegetables

D) food coloring

Answer: C

Page Ref: 29

Learning Outcome: 1.2, 1.3, 1.7

BT: Understanding

7) What is the percentage of protein and fat in a healthy human body?

A) around 10 percent

B) around 20 percent

C) around 30 percent

D) around 40 percent

Answer: D

Page Ref: 8

Learning Outcome: 1.3

8) Which of the following leading causes of death in the United States is related to nutrition?

A) kidney disease

B) Alzheimer's disease

C) heart disease

D) respiratory disease

Answer: C

Page Ref: 27

Learning Outcome: 1.2

BT: Understanding

9) The most abundant nutrient that the body and all foods are composed of is

A) water.

B) carbohydrate.

C) fat.

D) protein.

Answer: A

Page Ref: 8

Learning Outcome: 1.3

10) Organic nutrients include all of the following *except*

A) proteins.

B) minerals.

C) vitamins.

D) carbohydrates.

Answer: B

Page Ref: 8

Learning Outcome: 1.3

BT: Understanding

11) Which of the following is inorganic?

A) carbohydrates

B) water

C) lipids

D) vitamins

Answer: B

Page Ref: 8

Learning Outcome: 1.3

BT: Understanding

12) Which of the following are essential nutrients?

A) lipids

B) vitamins

C) proteins

D) all of the above

Answer: D

Page Ref: 8

Learning Outcome: 1.3

BT: Understanding

13) One cup of whole milk contains 8g of fat. One cup of 2%, reduced-fat milk contains 5g of fat. What is the approximate difference in their caloric value, assuming protein and carbohydrate content are equivalent in both cups?

A) 27 kilocalories

B) 24 kilocalories

C) 30 kilocalories

D) none of the above

Answer: A

Page Ref: 9-10

Learning Outcome: 1.3

BT: Applying

14) Julie made some fresh fruit salad. She used half a cup of peaches (0g protein, 0g fat, 13g carbohydrates), half a cup of pears (0g protein, 0g fat, 13g carbohydrates), and half a cup of nectarines (1g protein, 0g fat, 13g carbohydrates). Just as she finished putting her salad together, her best friend, Lily, showed up. So they both sat out in the yard and equally divided the fruit salad. How many kilocalories did Julie consume?

A) 136

B) 51

C) 80

D) 17

Answer: C

Page Ref: 9-10

Learning Outcome: 1.3

BT: Applying

15) The consumption of excess kilocalories results in the accumulation of

A) carbohydrates.

B) protein.

C) fat.

D) all of the above

Answer: C

Page Ref: 11

Learning Outcome: 1.3

16) Which of the following is a macronutrient?

A) vitamins

B) lipids

C) enzymes

D) minerals

Answer: B

Page Ref: 11

Learning Outcome: 1.3

BT: Understanding

17) \_\_\_\_\_\_\_\_ provide less energy per gram than \_\_\_\_\_\_\_\_.

A) Plant proteins; animal proteins

B) Plant fats; animal fats

C) Carbohydrates; proteins

D) Carbohydrates; fats

Answer: D

Page Ref: 9-11

Learning Outcome: 1.3

18) Regulation of energy metabolism is a key function of

A) vitamins.

B) fiber.

C) phytochemicals.

D) caffeine.

Answer: A

Page Ref: 13

Learning Outcome: 1.3

19) All of the following statements are true about minerals *except*

A) They are organic.

B) They are essential.

C) They are important in structural tissues like bones and teeth.

D) They play a role in the maintenance of fluid balance.

Answer: A

Page Ref: 13

Learning Outcome: 1.3

BT: Understanding

20) What is the scientific method?

A) a research question that is raised by a group of scientists

B) a careful process of gathering and testing information by scientists to further research

C) an explanation of the research findings of a group of scientists

D) a method to teach students science in high school

Answer: B

Page Ref: 16

, 1.5

21) The primary mode by which scientists share their research findings is

A) by writing about it in the newspaper.

B) by giving talks at local community gatherings.

C) by publishing in a peer-reviewed journal.

D) by giving interviews on CNN.

Answer: C

Page Ref: 16

, 1.5

22) Epidemiological research is

A) research done on animals.

B) research done by observing populations of people.

C) research done under controlled conditions.

D) research in a laboratory setting.

Answer: B

Page Ref: 17

, 1.5

23) In conducting experimental research, the purpose of having a control group is to

A) increase the sample size.

B) be able to improve variability within a sample.

C) be able to observe multiple effects at the same time.

D) provide a standard for comparison with the treated group.

Answer: D

Page Ref: 17

, 1.5

24) Dr. Simon's team was conducting a study on the relationship between iron and vitamin C intakes and the rate of infections in a small population of college students. They needed to assess the intake of these two nutrients in the subjects. What would be a good method to employ?

A) Have the participants pick out their favorite foods from a list.

B) Take the participants out to lunch and observe what each one orders.

C) Give the participants a food frequency questionnaire to fill out.

D) Interview family members closely associated with the subjects and ask for their opinions on what the subjects typically ate.

Answer: C

Page Ref: 22

BT: Analyzing

25) The advantages of consulting a Registered Dietitian (RD) include:

A) RDs are trained to perform an accurate nutritional assessment.

B) RDs are trained to administer medical nutrition therapy.

C) RDs must satisfy and maintain the rigorous standards put forth by the ADA (American Dietetic Association).

D) RDs' capabilities include all of the above.

Answer: D

Page Ref: 20

26) Jonathan was participating in a study through his elementary school to assess the eating habits of schoolchildren. The first step was to assess the nutritional status of all the children. Today they were going to collect anthropometric data from the participants. Jonathan's mom was worried because she did not understand what this meant. What would you say to her to allay her fears?

A) Simple measurements of Jonathan's height and weight will be taken to assess his growth.

B) Questions about Jonathan's ancestors and their origin will be asked.

C) Some simple blood tests will be done to measure standard indicators of biochemical status.

D) Jonathan's normal behavior in school will be observed and recorded.

Answer: A

Page Ref: 22

BT: Understanding

27) One of the early signs of cardiovascular disease is an increase in the blood LDL cholesterol level. The best tool to detect this would be

A) anthropometric measurement.

B) physical examination.

C) laboratory tests.

D) dietary analysis.

Answer: C

Page Ref: 23

BT: Applying

28) The National Health and Nutrition Examination Survey (NHANES) was established in order to

A) make people responsible for what they eat.

B) determine the nutritional status of the population and to monitor risk behaviors over time.

C) make nutrition research accessible to the population.

D) eradicate disease risks by making personal dietary recommendations.

Answer: B

Page Ref: 23

29) Which statement best describes the current status of the American diet?

A) Americans consume too much saturated fat and too little protein.

B) Americans consume too much protein and sodium and too little fiber.

C) Americans consume too much sugar and too little sodium and fiber.

D) Americans consume too many vitamins and minerals and too little saturated fat.

Answer: B

Page Ref: 24

BT: Understanding

30) The current American diet is *not* very healthy because

A) large amounts of sugary beverages are consumed.

B) many meals are eaten in front of the television.

C) fast-food consumption is high.

D) All of the above are factors in the American diet.

Answer: D

Page Ref: 25

BT: Understanding

31) The increased consumption of high-kilocalorie foods combined with sedentary lifestyles in America is the direct cause of which of the following conditions?

A) kidney disease

B) constipation

C) obesity

D) respiratory disease

Answer: C

Page Ref: 25

Learning Outcome: 1.2, 1.6

BT: Understanding

32) Who needs to take a nutrient supplement?

A) a pregnant woman

B) a young adolescent attending high school who misses breakfast at least a couple of times a week

C) a stressed-out college student studying for finals

D) a middle-aged businessman

Answer: A

Page Ref: 30

BT: Understanding

33) When we do *not* consume enough of a nutrient, we eventually develop a(n) \_\_\_\_\_\_\_\_.

A) deficiency

B) immunity

C) dependency

D) allergy

Answer: A

Page Ref: 26

Learning Outcome: 1.2

BT: Understanding

34) The element that is uniquely found in all proteins and some vitamins is \_\_\_\_\_\_\_\_.

A) carbon

B) hydrogen

C) oxygen

D) nitrogen

Answer: D

Page Ref: 9

Learning Outcome: 1.3

35) Vitamins and minerals are considered \_\_\_\_\_\_\_\_ .

A) micronutrients

B) macronutrients

C) phytochemicals

D) coenzymes

Answer: A

Page Ref: 11

Learning Outcome: 1.3

36) Which of the following would *not* be a standard method for assessing the nutritional status of individuals?

A) conducting dietary intake assessments

B) collecting anthropometric data

C) conducting psychological exams

D) collecting laboratory data

Answer: C

Page Ref: 19

BT: Understanding

37) What is measured in the BMI of an individual?

A) waist-to-hip ratio

B) nutrient deficiencies

C) weight relative to height

D) blood sugar levels

Answer: C

Page Ref: 22

38) The Framingham Heart Study revealed the connection between heart disease and

A) smoking.

B) alcohol consumption.

C) cholesterol levels.

D) saturated fat.

Answer: C

Page Ref: 24

, 1.5

39) In a physical examination, which of the following would a dietitian be most likely to examine for evidence of poor nutrition?

A) skin condition

B) heart rate

C) joint function

D) spinal alignment

Answer: A

Page Ref: 23

BT: Understanding

40) What is one of the drawbacks of using a food record to collect dietary intake information?

A) It doesn't show how much the individual eats.

B) It doesn't show when foods are consumed.

C) It may not be reliable.

D) all of the above

Answer: C

Page Ref: 22

BT: Understanding

41) The foundation of our preference for specific textures and flavors in foods may be laid as early as infancy.

Answer: TRUE

Page Ref: 4

BT: Understanding

42) The main reason fast-food consumption has increased in recent years is because eating in fast-food restaurants triggers positive emotions in people.

Answer: FALSE

Page Ref: 7

43) All essential nutrients are also organic.

Answer: FALSE

Page Ref: 8

Learning Outcome: 1.3

44) Only vitamins isolated from natural sources are organic; synthetic vitamins are not organic.

Answer: FALSE

Page Ref: 8

Learning Outcome: 1.3

BT: Understanding

45) Alcohol is an energy-yielding nutrient.

Answer: FALSE

Page Ref: 9

Learning Outcome: 1.3

46) All energy-yielding nutrients provide the same amount of energy per gram of their weight.

Answer: FALSE

Page Ref: 9

Learning Outcome: 1.3

BT: Understanding

47) All individuals require the same amount of energy for their normal bodily functions.

Answer: FALSE

Page Ref: 10

Learning Outcome: 1.3, 1.2

BT: Understanding

48) Lipids are the primary energy source for the body when it is at rest.

Answer: TRUE

Page Ref: 12

Learning Outcome: 1.3

49) Carbohydrates function as chemical catalysts for the biochemical reactions in the body and are known as enzymes.

Answer: FALSE

Page Ref: 12

Learning Outcome: 1.3

50) Because a large proportion of the human body is composed of water, it does not have to be replenished every day.

Answer: FALSE

Page Ref: 14

Learning Outcome: 1.3

BT: Applying

51) The best way to obtain reliable nutrition information is to search the Internet.

Answer: FALSE

Page Ref: 14

52) Every research study requires a hypothesis that can be tested.

Answer: TRUE

Page Ref: 16

, 1.5

BT: Understanding

53) A theory is developed and a consensus is established after several research studies confirm a hypothesis.

Answer: TRUE

Page Ref: 17

, 1.5

54) In an experiment, the placebo is usually administered to the experimental group.

Answer: FALSE

Page Ref: 17

, 1.5

55) The foods we eat have an influence on the genes in our cells in a way that can increase or decrease our risks for certain diseases.

Answer: TRUE

Page Ref: 27-28

Learning Outcome: 1.2, 1.7

56) Malnutrition can be either undernutrition or overnutrition.

Answer: TRUE

Page Ref: 18-19

Learning Outcome: 1.2, 1.5

57) Every person's nutrient needs are the same.

Answer: FALSE

Page Ref: 19

58) Inadequate nutrition does not affect external characteristics such as hair, skin, and nails.

Answer: FALSE

Page Ref: 23

BT: Understanding

59) The body mass index (BMI) helps estimate whether an individual is overweight or underweight or obese.

Answer: TRUE

Page Ref: 22

60) Large-scale surveys such as NHANES have helped us understand how risks for chronic diseases are related to dietary habits.

Answer: TRUE

Page Ref: 23-24

61) Research studies show that Americans eat most meals at home with their family.

Answer: FALSE

Page Ref: 25

62) Weight gain is a factor that contributes to the development of diseases like diabetes, cardiovascular disease, and stroke.

Answer: TRUE

Page Ref: 25

Learning Outcome: 1.2, 1.6

63) More than 35 percent of American adults are obese.

Answer: TRUE

Page Ref: 25

64) The presence of zoochemicals in foods increases the benefits from many plant-based foods, thereby rendering them functional foods.

Answer: FALSE

Page Ref: 29

Learning Outcome: 1.2, 1.3, 1.7

65) Nutrients from food are used to replenish the cells in the body.

Answer: TRUE

Page Ref: 8

Learning Outcome: 1.2

66) Plant foods consist of about 90 percent water.

Answer: TRUE

Page Ref: 8

Learning Outcome: 1.3

67) All nutrients contain hydrogen and oxygen except minerals.

Answer: TRUE

Page Ref: 9

Learning Outcome: 1.3

BT: Understanding

68) A kilocalorie is the amount of energy required to raise the temperature of one gallon of water by one degree Celsius.

Answer: FALSE

Page Ref: 9

Learning Outcome: 1.3

69) Older adults generally require more food energy than young people.

Answer: FALSE

Page Ref: 10

Learning Outcome: 1.3, 1.2

BT: Understanding

70) An experimental study in which neither the researchers nor the participants know who is receiving the treatment and who is receiving the placebo is called a double blind study.

Answer: TRUE

Page Ref: 17

, 1.5

71) Nutritional genomics is a new area of nutrition research that studies the relation between nutrition/health and genes.

Answer: TRUE

Page Ref: 28

Learning Outcome: 1.2, 1.4

72) A nutrient deficiency may result from malabsorption of a nutrient.

Answer: TRUE

Page Ref: 19

Learning Outcome: 1.2, 1.5

73) Increased consumption of kilocalorie-dense foods is a primary cause of obesity among Americans.

Answer: TRUE

Page Ref: 25

74) Fat is the most energy-dense nutrient.

Answer: TRUE

Page Ref: 9

Learning Outcome: 1.3

75) Meat is a good source of carbohydrates.

Answer: FALSE

Page Ref: 12

Learning Outcome: 1.3

76) What are four questions to ask yourself when evaluating nutrition news in the media?

Answer:

• Was the research published in a peer-reviewed journal?

• Was the study done using humans or animals?

• Do the study participants resemble me?

• Is this the only study to present these findings?

Page Ref: 15

77) List three types of experts to consult for credible nutrition advice, and explain their qualifications.

Answer:

• A Registered Dietician (RD) is the most credible, having completed at least a bachelor's degree in nutrition and passed a national exam administered by the Commission on Dietetic Registration (CDR).

• A licensed dietitian (LD) is licensed by states to practice nutrition science. (RDs meet the criteria for LD.)

• A public health nutritionist may have a degree but does not have the supervised practice to qualify as an RD.

Page Ref: 20

78) What is medical nutrition therapy and what benefits can it provide?

Answer: It is the integration of nutrition counseling and dietary changes, based on individual medical and health needs, designed to treat a medical condition. Used effectively, it can help prevent diseases such as heart disease, diabetes, stroke, and obesity.

Page Ref: 20

79) List five common deceptive statements often made by health quacks.

Answer: (any five of the following):

• Most Americans are not adequately nourished.

• Everyone should take vitamin supplements.

• You need supplements to relieve stress or give you energy.

• You can lose a lot of weight in a short time.

• Their products can produce amazing results and cure whatever ails you.

• Your behavior is caused by your diet.

• Herbs are safe because they're natural.

• Sugar will poison you.

• A hair sample can identify nutrient deficiencies.

• Your MD or RD is a quack to whom you should not listen.

• There is no risk, since there is a money-back guarantee.

Page Ref: 20-21

80) What are some advantages and disadvantages in using the Internet to research nutrition information?

Answer: The Web can be a good, convenient source for reliable, comprehensive information on nutrition. However, websites are not always trustworthy. If they are established and funded by legitimate organizations, their content will probably be accurate. But if they are created by commercial enterprises that promote and sell products, they may be less reliable. It is important for individuals to analyze the sources and information they find on the Internet to determine whether the information is accurate and credible.

Page Ref: 21

BT: Analyzing

81) What is nutrition and why is it important for our health and well-being?

Answer: It is the science that studies how nutrients and compounds in foods nourish the body and affect body functions and overall health. Proper nutrition can help prevent or inhibit disease and promote the well-being of individuals and society.

Page Ref: 7-8

Learning Outcome: 1.2

BT: Understanding

82) Discuss the current nutritional state of the American diet and its consequences.

Answer: In general, Americans eat too much protein, sugar, sodium, and saturated fat, and too little fiber and some vitamins and minerals. They under-consume fruits and vegetables and over-consume refined grains. This diet has contributed to problems of overweight and obesity, along with higher rates of type 2 diabetes, heart disease, cancer, and stroke.

Page Ref: 24-25

BT: Understanding

83) Explain how nutritional genomics may have significant effects on health and disease.

Answer: Combining the study of nutrition and genetics has promoted understanding of the interaction between genes and nutrients, and whether the genes are responding to the nutrients we eat, or whether the nutrients themselves influence genetic expression. This developing science has led to advances in the treatment of certain diseases through dietary intervention and may lead to personalized dietary recommendations based on an individual's genetic makeup.

Page Ref: 28

, 1.2

84) Summarize the best dietary strategy to reduce the risk of developing chronic disease.

Answer: The best dietary strategy to maintain nutritional health and ward off disease is to eat a variety of whole foods. A well-balanced diet of functional foods provides other dietary compounds, including phytochemicals, zoochemicals, and fiber, which have been shown to help fight many diseases. Some individuals with diet restrictions or higher nutrient needs may also benefit from taking a supplement if they cannot meet their nutrient requirements through whole foods alone.

Page Ref: 28-29

BT: Understanding

85) What are functional foods?

Answer: Functional foods are those that have additional health benefits beyond the benefits provided by their nutrient components.

Page Ref: 29

Learning Outcome: 1.2, 1.3, 1.7

86) What are the six classes of nutrients?

Answer: carbohydrates, protein, lipids, vitamins, minerals, and water

Page Ref: 8

Learning Outcome: 1.3

87) Explain how a nonessential nutrient can become essential for the body.

Answer: If a nonessential nutrient cannot be synthesized within the body due to reasons such as disease or drugs, or when the body's need for it exceeds the body's ability to produce it, it will need to be furnished through the diet, thereby becoming an essential nutrient.

Page Ref: 8-9

Learning Outcome: 1.3

BT: Understanding

88) Are macronutrients more important for optimal health than micronutrients? Why or why not?

Answer: Both macronutrients and micronutrients are necessary for optimal health, as they complement each other in their functions in the body. For example, the energy from the macronutrients cannot be released unless vitamin and mineral cofactors regulate the reactions.

Page Ref: 11, 13

Learning Outcome: 1.3

BT: Analyzing

89) Why is alcohol not considered a nutrient?

Answer: Although alcohol yields energy, it does not have a functional role in the body. In fact, it interferes with the normal maintenance of the body.

Page Ref: 9

Learning Outcome: 1.3

BT: Understanding

90) A cup of split-pea soup with ham contains 10g protein, 4g fat, and 28g carbohydrates. What is its energy value?

Answer: Kilocalories from protein: 10 × 4 = 40

Kilocalories from fat: 4 × 9 = 36

Kilocalories from carbohydrates: 28 × 4 = 112

Energy value of the soup is 40 + 36 + 112 = 188 kilocalories

Page Ref: 10

Learning Outcome: 1.3

BT: Applying

91) Why is it important to publish scientific research in a peer-reviewed journal?

Answer: Publishing research findings in a peer-reviewed journal is a means to have other scientists and experts in the field look at research findings and evaluate the methods, analysis, and conclusions of a research study and to ascertain its validity.

Page Ref: 16

, 1.5

BT: Understanding

92) What is the advantage of a double-blind study?

Answer: In a double-blind study, because neither the researchers nor the subjects know who is receiving the treatment, all psychological bias is eliminated from affecting the outcome of the experiment.

Page Ref: 17

, 1.5

BT: Understanding

93) How does an acute illness differ from a chronic illness?

Answer: Symptoms of an acute illness develop quickly over a short period of time, such as with the common cold, whereas symptoms of a chronic illness develop over a prolonged period, such as in cardiovascular disease.

Page Ref: 19

BT: Understanding

94) What are two means by which dietary information may be collected from individuals in order to assess their nutritional status?

Answer: Food frequency questionnaire and food record (or 24-hour dietary recall).

Page Ref: 22

95) What are the factors that influence food choice?

Answer:

• Taste and enjoyment

• Culture and environment

• Social reasons and trends

• Weight, body image, and health concerns

• Advertising

• Time, convenience, and cost

• Habits and emotions

Page Ref: 4-7

96) Tom was offered a new job at the local bank and had to move out of the home where he was living with his parents. He had to be at work by 8 a.m. Until now, Tom's mother had prepared a hot breakfast that he ate at a leisurely pace. Now, Tom had only 10 minutes to prepare and eat breakfast each day. He decided to try a new oat-based breakfast cereal that he had read about in the paper as an option to match his new lifestyle. He liked that it was low in fat and could lower cholesterol. Point out 3 factors and how they probably influenced Tom's new breakfast choice.

Answer:

• Tom's choice was influenced by time and convenience. He had to be at work on time and he did not have too much time to spend on preparation, so a cold cereal was going to be a quicker option.

• Tom was influenced by advertising, as that was how he became aware of the new breakfast cereal.

• Tom was also influenced by health concerns. He picked the breakfast cereal because it was low in fat, could lower cholesterol, and was healthier for him.

Page Ref: 4-7

BT: Analyzing

97) Sidney was at the coffee shop. She could not make up her mind about what she should choose for a drink. She narrowed her choice down to either a small vanilla blended drink with whipped cream (4g protein, 10g fat, 52g carbohydrates) or a small whole-milk cappuccino (6g protein, 6g fat, 9g carbohydrates). Which of these two drinks is of higher caloric value? Which of these two drinks contains a higher proportion of energy as fat?

Answer:

• The small vanilla blended drink will provide 4 × 4 = 16 Kcal from protein; 10 × 9 = 90 Kcal from fat; 52 × 4 = 208 Kcal from carbohydrates.

• The total energy content of the drink is 16 + 90 + 208 = 314 Kcal. Thus the percentage of energy from fat is 90/314 = 29%.

• The small whole-milk cappuccino will provide 6 × 4 = 24 Kcal from protein; 6 × 9 = 54 Kcal from fat; 9 × 4 = 36 Kcal from carbohydrates.

• The total energy content of the drink is 24 + 54 + 36 = 114 Kcal. Thus the percentage of energy from fat is 54/114 = 47%.

• The small vanilla blended drink is higher in caloric value.

• The small whole-milk cappuccino supplies a higher proportion of energy as fat.

Page Ref: 10

Learning Outcome: 1.3

BT: Applying

98) What are the components of the scientific method in doing research?

Answer:

• Asking a question.

• Formulating a hypothesis.

• Conducting an experiment.

• Analysis of data and conclusions.

• Revision and formulation of new hypotheses.

Page Ref: 16-17

, 1.5

99) Briefly describe the ABCDs of nutritional assessment.

Answer: The ABCDs of nutritional assessment consist of:

• Anthropometric analysis; includes height/weight measurements and assesses overall growth and risks for chronic diseases

• Biochemical analysis; includes blood and urine measurements and assesses nutrient status

• Clinical analysis; examines external features such as hair and nails and assesses the deficiencies and excesses of nutrients

• Dietary intake analysis; examines the dietary components and possible risk of deficiencies and excesses through diet records and recalls

Page Ref: 19

100) Why are whole foods beneficial for us?

Answer:

• Whole foods such as whole grains, fruits, and vegetables contain a variety of dietary nutrient components that are required for health.

• In addition, they also contain nonnutrient components such as phytochemicals that provide additional benefits such as protection against diseases.

• These components cannot always be isolated from the dietary components and probably function in conjunction with them.

Page Ref: 28