

Chapter 01 Test Bank: What You Eat and Why

Fill in the Blank Questions

1. For student athletes, water is an adequate fluid replacement for events lasting less than _____ minutes.

2. Consuming five or more alcoholic drinks in a row for men, or four alcoholic drinks or more for women, is considered _____.

3. The six classes of nutrients include carbohydrates, lipids, proteins, vitamins, minerals, and _____.

4. One cup of chocolate milk contains 15 grams of carbohydrate, 8 grams of fat, and 8 grams of protein. This cup of milk supplies _____ kcal.

5. A weight reduction regimen calls for a daily intake of 1,400 kcal and 30 grams of fat. Approximately _____% of the total energy is contributed by fat.

6. A weight reduction regimen calls for a daily intake of 1,400 kcal and 30 grams of fat. Approximately _____% of the total energy is contributed by fat.

7. Shelby weighs 70 kilograms, which is _____ pounds.

8. When in Europe you are told that you are eating a steak weighing 140 grams. This would be _____ ounces.

9. Pat purchases a 2-liter bottle of root beer. This would be approximately _____ quart(s).

10. On average, Americans consume approximately _____ % of total kcal as fat.

11. Carbohydrates, fats, and _____ are nutrients that provide energy.

12. Nutrients are sorted into three groups: (1) those that provide energy; (2) those that promote growth, development, and maintenance; and (3) those that _____.

13. Which nutrient makes up 60 percent of the human body?

14. Loss of menstrual periods, thinning of bones, gastrointestinal problems, kidney problems, heart abnormalities, and eventually death are serious adverse effects of _____.

15. The nutrient values on the _____ can be used to calculate calorie content of a food.

16. The nutrient values on the _____ can be used to calculate calorie content of a food.

17. The _____ is one important region in the brain that influences whether we eat or not.

Multiple Choice Questions

18. Which of the following nutrition-related diseases is not one of the three leading causes of death in the United States?
A. Cardiovascular disease
B. Cancer
C. Stroke
D. Diabetes
19. Which of the following is not a class of nutrient?
A. Alcohol
B. Carbohydrates
C. Lipids
D. Minerals
20. Which of the following nutrients can directly supply energy for human use?
A. Lipids and oils
B. Fiber
C. Vitamins
D. Minerals
21. Certain nutrients provide us with energy. Some are important for growth and development. Others act to keep body functions running smoothly. Which of the following does not promote growth and development?
A. Lipids
B. Carbohydrates
C. Proteins
D. Minerals
22. 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
23. 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.

24. The Food and Nutrition Board (FNB) of the National Academy of Sciences advocates that 10% to 35% of calories come from protein and _____ from carbohydrate.
- A. 20% to 35%
 - B. 45% to 65%
 - C. 50% to 70%
 - D. 55% to 75%
25. Fibers belong to the class of nutrients known as
- A. carbohydrate.
 - B. protein.
 - C. lipids.
 - D. minerals.
26. 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
27. Minerals can
- A. provide energy.
 - B. be destroyed during cooking.
 - C. be degraded by the body.
 - D. become part of the body structural systems.
28. Which of the following is *not* a characteristic shared by carbohydrates?
- A. Contain more kcalories than protein
 - B. Supply 4 kcalories per gram
 - C. Add sweetness to food
 - D. Provide a major source of fuel for the body
29. Which of the following is characteristic of lipids?
- A. Supply 4 kcalories 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
30. 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.
31. Gram for gram, which provides the most energy?
- A. Carbohydrates
 - B. Proteins
 - C. Alcohol
 - D. Fats
32. Which of the following is *not* a characteristic of protein?
- A. Major component of body structure
 - B. Supplies 4 kcalories per gram
 - C. Most significant energy source for humans
 - D. Forms enzymes

33. Which of the following yield greater than 4 kcalories per gram?
- A. Plant fats
 - B. Plant carbohydrates
 - C. Plant proteins
 - D. Animal proteins
34. Which of the following is not true about water?
- A. Provides energy
 - B. Provides a way to transport nutrients and waste
 - C. By-product of cell chemical reactions
 - D. Dietary need of approximately 9-13 cups per day
35. Which of the following is true about the energy content of nutrients?
- A. Lipids supply 7 kcalories per gram.
 - B. Carbohydrates and proteins supply 4 kcalories per gram.
 - C. Alcohol supplies 9 kcalories per gram.
 - D. Lipids and alcohol supply 9 kcalories per gram.
36. A kcalorie is a measure of
- A. heat energy.
 - B. fat in food.
 - C. nutrients in food.
 - D. sugar and fat in food.
37. A serving of bleu cheese dressing containing 23 grams of fat would yield _____ kcalories.
- A. 161
 - B. 92
 - C. 207
 - D. 255
38. A meal consisting of a cheeseburger, large fries, and a chocolate shake provides a total of 1,120 kcalories, of which 48 percent of the energy is from carbohydrate and 13 percent from protein. How many kcalories of fat does the meal contain?
- A. 137
 - B. 313
 - C. 287
 - D. 437
39. A large hamburger (e.g., Whopper) sandwich contains 628 kcalories and 36 grams of fat. Approximately what percentage of the total energy is contributed by fat?
- A. 23%
 - B. 52%
 - C. 19%
 - D. 41%
40. Which of the following should be limited in the diet because of their effect on blood cholesterol?
- A. Saturated fats
 - B. Unsaturated fats
 - C. Essential fats
 - D. Amino acids
41. Which of the following does not regulate body processes?
- A. Proteins
 - B. Carbohydrates
 - C. Water
 - D. Vitamins

42. 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
43. In chemistry terms, which of the following most accurately describes the term *organic*?
- A. Products sold at health food stores
 - B. Substances containing energy-yielding nutrients
 - C. Substances containing carbon
 - D. Products grown without the use of pesticides
44. *Healthy People 2010* was designed to
- A. promote healthful lifestyles and reduce preventable death and disability in all Americans.
 - B. disclose dietary practices that best support health.
 - C. prevent chronic disease.
 - D. eliminate dietary inadequacies and excesses, and to encourage healthful practices.
45. An appropriate attitude toward aging and health is
- A. if I live a healthful lifestyle, I may slow the aging process.
 - B. the single most important factor for slowing the aging process is eating a healthful diet.
 - C. there is nothing I can do to slow the aging process so I will do whatever is most convenient for me.
 - D. I will live life to the fullest and let my family physician tell me when I need to change.
46. 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 starches.
47. The "Freshman 15" is the
- A. typical waist circumference of college students after freshman year.
 - B. typical body fat percentage of college students after freshman year.
 - C. amount of weight (in pounds) typically gained during freshman year of college.
 - D. typical BMI of college students after freshman year.
48. Which of the following contain no calories?
- A. Alcohol
 - B. Proteins
 - C. Carbohydrates
 - D. Vitamins
49. Which of the following is not a simple carbohydrate?
- A. Starches
 - B. Table sugar
 - C. Disaccharides
 - D. Monosaccharides
50. Which of the following includes all energy-yielding substances?
- A. Carbohydrates, lipids, protein
 - B. Vitamins, minerals, carbohydrates, lipids, protein
 - C. Alcohol, carbohydrates, lipids, protein
 - D. Carbohydrates, lipids, protein, vitamins, minerals, water

51. Which of the following is *not* a nutrition-related objective from *Healthy People 2010*?
- A. Reduce obesity
 - B. Increase fruit intake
 - C. Increase grain intake
 - D. Increase protein intake
52. Which of the following hormones is made by the fat cells and influences long-term regulation of total fat stores?
- A. Endorphins
 - B. Cortisol
 - C. Leptin
 - D. Neuropeptide Y
53. Which of the following terms describes psychological influences that encourage us to find and eat food?
- A. Appetite
 - B. Hunger
 - C. Satiety
 - D. Obsession
54. Current factors that can influence American food habits negatively are
- A. more offerings of chicken and fish in restaurants as alternatives to beef.
 - B. the time-oriented, hurried lifestyle leading to many meals eaten away from home.
 - C. the variety of new, low fat products in the supermarket.
 - D. more published information on the nutritional content of fast foods.
55. Food eaten away from home now accounts for close to ____ of the American food dollar.
- A. 10%
 - B. 25%
 - C. 50%
 - D. 75%

Matching Questions

56.

1. Appetite The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen
2. Hunger Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly
3. Vitamins Heat needed to raise 1 liter of water 1 degree Celsius
4. Satiety Psychological (external) influences that encourage us to find and eat food
5. Kcalorie A hormone made by adipose tissue that influences long-term regulation of fat mass
6. Phytochemicals A neurotransmitter synthesized from the amino acid tryptophan that appears to decrease the desire to eat carbohydrates and to induce sleep
7. Nutrients Compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body
8. Minerals Chemical substances in food that contribute to health.
9. Amino acid Physiological (internal) drive to find and eat food, mostly regulated by innate cues to eating
10. Leptin Chemical elements used in the body to promote chemical reactions and to form body structures
11. Hormone An aspect of our lives that may make us more likely to develop a disease
12. Risk factor Compound that speeds the rate of a chemical process but is not altered by the process
13. Obesity State in which there is no longer a desire to eat; a feeling of satisfaction
14. Enzyme Compound secreted into the bloodstream that acts to control the function of distant cells
15. Serotonin Hereditary material that provides the blueprints for the production of cell proteins
16. Genes A condition characterized by excess body fat

Chapter 01 Test Bank: What You Eat and Why **Key**

Fill in the Blank Questions

1. For student athletes, water is an adequate fluid replacement for events lasting less than _____ minutes.

60 or
sixty

*Bloom's Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics*

2. Consuming five or more alcoholic drinks in a row for men, or four alcoholic drinks or more for women, is considered _____.

binge drinking

*Bloom's Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics*

3. The six classes of nutrients include carbohydrates, lipids, proteins, vitamins, minerals, and _____.

water or
H₂O

*Bloom's Level: Remember
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics*

4. One cup of chocolate milk contains 15 grams of carbohydrate, 8 grams of fat, and 8 grams of protein. This cup of milk supplies _____ kcal.

164 or
one hundred sixty-four

15 g carbohydrate x 4 kcal/g = 60 kcal from carbohydrate
8 g fat x 9 kcal/g = 72 kcal from fat
8 g protein x 4 kcal/g = 32 kcal from protein
60 + 72 + 32 = 164 kcal

*Bloom's Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics*

5. A weight reduction regimen calls for a daily intake of 1,400 kcal and 30 grams of fat. Approximately _____% of the total energy is contributed by fat.

19 or
nineteen or
20 or
twenty

30 g fat x 9 kcal/g = 270 kcal from fat
270 kcal from fat / 1400 total kcal = 0.19

*Bloom's Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics*

6. A weight reduction regimen calls for a daily intake of 1,400 kcal and 30 grams of fat. Approximately _____% of the total energy is contributed by fat.

19 or
nineteen or
20 or
twenty

$$30 \text{ g fat} \times 9 \text{ kcal/g} = 270 \text{ kcal from fat}$$
$$270 \text{ kcal from fat} / 1400 \text{ total kcal} = 0.19$$

Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Bloom's Level: Apply
Section: 1.04
Topic: Nutrition Basics

7. Shelby weighs 70 kilograms, which is _____ pounds.

154 or
one hundred fifty-four

$$70 \text{ kg} \times 2.2 \text{ lb/kg} = 154 \text{ lb}$$

Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Bloom's Level: Apply
Section: 1.04
Topic: Nutrition Basics

8. When in Europe you are told that you are eating a steak weighing 140 grams. This would be _____ ounces.

5 or
five

$$140 \text{ g} / 28 \text{ g/oz} = 5 \text{ oz}$$

Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Bloom's Level: Apply
Section: 1.04
Topic: Nutrition Basics

9. Pat purchases a 2-liter bottle of root beer. This would be approximately _____ quart(s).

2 or
two

1 quart is approximately equal to 1 liter (0.946 L).

Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Bloom's Level: Apply
Section: 1.04
Topic: Nutrition Basics

10. On average, Americans consume approximately _____ % of total kcal as fat.

33 or
thirty-three

Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement
Bloom's Level: Understand
Section: 1.05
Topic: Nutrition Basics

11. Carbohydrates, fats, and _____ are nutrients that provide energy.
proteins or
protein

Bloom's Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics

12. Nutrients are sorted into three groups: (1) those that provide energy; (2) those that promote growth, development, and maintenance; and (3) those that _____.
regulate body processes or
regulate metabolism or
regulate processes

Bloom's Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics

13. Which nutrient makes up 60 percent of the human body?

Water or
H₂O

Bloom's Level: Understand
Figure: 1.01
Section: 1.03
Topic: Nutrition Basics

14. Loss of menstrual periods, thinning of bones, gastrointestinal problems, kidney problems, heart abnormalities, and eventually death are serious adverse effects of _____.
eating disorders or
anorexia nervosa or
anorexia or
bulimia nervosa or
bulimia

Bloom's Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics

15. The nutrient values on the _____ can be used to calculate calorie content of a food.
Nutrition Facts label or
Nutrition Facts panel

Bloom's Level: Remember
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics

16. The nutrient values on the _____ can be used to calculate calorie content of a food.
Nutrition Facts label or
Nutrition Facts panel

Bloom's Level: Understand
Figure: 1.02
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.04
Topic: Nutrition Basics

17. The _____ is one important region in the brain that influences whether we eat or not.
hypothalamus

Bloom's Level: Understand
Figure: 1.03
Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics
Section: 1.07
Topic: Nutrition Basics

Multiple Choice Questions

18. Which of the following nutrition-related diseases is not one of the three leading causes of death in the United States?
- A. Cardiovascular disease
 - B. Cancer
 - C. Stroke
 - D. Diabetes**

Learning Outcome: 1.01 Identify diet and lifestyle factors that contribute to the 10 leading causes of death in North America
Bloom's Level: Understand
Section: 1.01
Topic: Nutrition Basics

19. Which of the following is not a class of nutrient?
- A. Alcohol**
 - B. Carbohydrates
 - C. Lipids
 - D. Minerals

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Bloom's Level: Understand
Section: 1.02
Topic: Nutrition Basics

20. Which of the following nutrients can directly supply energy for human use?
- A. Lipids and oils**
 - B. Fiber
 - C. Vitamins
 - D. Minerals

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Bloom's Level: Understand
Section: 1.02
Topic: Nutrition Basics

21. Certain nutrients provide us with energy. Some are important for growth and development. Others act to keep body functions running smoothly. Which of the following does not promote growth and development?
- A. Lipids
 - B. Carbohydrates**
 - C. Proteins
 - D. Minerals

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Bloom's Level: Understand
Section: 1.02
Topic: Nutrition Basics

22. 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

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Bloom's Level: Understand
Section: 1.02
Topic: Nutrition Basics

23. 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.**

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Bloom's Level: Understand
Section: 1.02
Topic: Nutrition Basics

24. The Food and Nutrition Board (FNB) of the National Academy of Sciences advocates that 10% to 35% of calories come from protein and _____ from carbohydrate.
- A. 20% to 35%
 - B. 45% to 65%**
 - C. 50% to 70%
 - D. 55% to 75%

Bloom's Level: Understand
Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement
Section: 1.02
Topic: Nutrition Basics

25. Fibers belong to the class of nutrients known as
- A. carbohydrate.**
 - B. protein.
 - C. lipids.
 - D. minerals.

Bloom's Level: Remember
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
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26. 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

Bloom's Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
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Topic: Nutrition Basics

27. Minerals can
- A. provide energy.
 - B. be destroyed during cooking.
 - C. be degraded by the body.
 - D. become part of the body structural systems.**

Bloom's Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics

28. Which of the following is *not* a characteristic shared by carbohydrates?
- A. Contain more kcalories than protein**
 - B. Supply 4 kcalories per gram
 - C. Add sweetness to food
 - D. Provide a major source of fuel for the body

Bloom's Level: Understand
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29. Which of the following is characteristic of lipids?
- A. Supply 4 kcalories per gram
 - B. Add structural strength to bones and muscles
 - C. Supply a concentrated form of fuel for the body**
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30. 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.

Bloom's Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics

31. Gram for gram, which provides the most energy?
A. Carbohydrates
B. Proteins
C. Alcohol
D. Fats

Bloom's Level: Remember
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.02
Section: 1.04
Topic: Nutrition Basics

32. Which of the following is *not* a characteristic of protein?
A. Major component of body structure
B. Supplies 4 kcalories per gram
C. Most significant energy source for humans
D. Forms enzymes

Bloom's Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics

33. Which of the following yield greater than 4 kcalories per gram?
A. Plant fats
B. Plant carbohydrates
C. Plant proteins
D. Animal proteins

Bloom's Level: Apply
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics

34. Which of the following is *not* true about water?
A. Provides energy
B. Provides a way to transport nutrients and waste
C. By-product of cell chemical reactions
D. Dietary need of approximately 9-13 cups per day

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35. Which of the following is true about the energy content of nutrients?
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B. Carbohydrates and proteins supply 4 kcalories per gram.
C. Alcohol supplies 9 kcalories per gram.
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Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics

36. A calorie is a measure of
A. heat energy.
B. fat in food.
C. nutrients in food.
D. sugar and fat in food.

*Bloom's Level: Understand
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.04
Topic: Nutrition Basics*

37. A serving of bleu cheese dressing containing 23 grams of fat would yield _____ kcalories.
A. 161
B. 92
C. 207
D. 255

*Bloom's Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics*

38. A meal consisting of a cheeseburger, large fries, and a chocolate shake provides a total of 1,120 kcalories, of which 48 percent of the energy is from carbohydrate and 13 percent from protein. How many kcalories of fat does the meal contain?
A. 137
B. 313
C. 287
D. 437

*Bloom's Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
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39. A large hamburger (e.g., Whopper) sandwich contains 628 kcalories and 36 grams of fat. Approximately what percentage of the total energy is contributed by fat?
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C. 19%
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Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics*

40. Which of the following should be limited in the diet because of their effect on blood cholesterol?
A. Saturated fats
B. Unsaturated fats
C. Essential fats
D. Amino acids

*Bloom's Level: Understand
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.06
Topic: Nutrition Basics*

41. Which of the following does not regulate body processes?
A. Proteins
B. Carbohydrates
C. Water
D. Vitamins

*Bloom's Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
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42. Which of the following are substances in plant foods that are not digested in the stomach or small intestine?
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 - B. Disaccharides
 - C. Dietary fiber**
 - D. Simple sugars

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber

Bloom's Level: Understand

Section: 1.02

Topic: Nutrition Basics

43. In chemistry terms, which of the following most accurately describes the term *organic*?
- A. Products sold at health food stores
 - B. Substances containing energy-yielding nutrients
 - C. Substances containing carbon**
 - D. Products grown without the use of pesticides

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber

Bloom's Level: Understand

Section: 1.02

Topic: Nutrition Basics

44. *Healthy People 2010* was designed to
- A. promote healthful lifestyles and reduce preventable death and disability in all Americans.**
 - B. disclose dietary practices that best support health.
 - C. prevent chronic disease.
 - D. eliminate dietary inadequacies and excesses, and to encourage healthful practices.

Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention

Bloom's Level: Understand

Section: 1.06

Topic: Nutrition Basics

45. An appropriate attitude toward aging and health is
- A. if I live a healthful lifestyle, I may slow the aging process.**
 - B. the single most important factor for slowing the aging process is eating a healthful diet.
 - C. there is nothing I can do to slow the aging process so I will do whatever is most convenient for me.
 - D. I will live life to the fullest and let my family physician tell me when I need to change.

Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention

Bloom's Level: Apply

Section: 1.06

Topic: Nutrition Basics

46. 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 starches.

Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement

Bloom's Level: Understand

Section: 1.05

Topic: Nutrition Basics

47. The "Freshman 15" is the
- A. typical waist circumference of college students after freshman year.
 - B. typical body fat percentage of college students after freshman year.
 - C. amount of weight (in pounds) typically gained during freshman year of college.**
 - D. typical BMI of college students after freshman year.

Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students

Bloom's Level: Understand

Section: Nutrition and Your Health Eating Well in College

Topic: Nutrition Basics

48. Which of the following contain no calories?
A. Alcohol
B. Proteins
C. Carbohydrates
D. Vitamins

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Bloom's Level: Understand
Section: 1.02
Section: 1.04
Topic: Nutrition Basics

49. Which of the following is not a simple carbohydrate?
A. Starches
B. Table sugar
C. Disaccharides
D. Monosaccharides

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Bloom's Level: Understand
Section: 1.02
Section: 1.04
Topic: Nutrition Basics

50. Which of the following includes all energy-yielding substances?
A. Carbohydrates, lipids, protein
B. Vitamins, minerals, carbohydrates, lipids, protein
C. Alcohol, carbohydrates, lipids, protein
D. Carbohydrates, lipids, protein, vitamins, minerals, water

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Bloom's Level: Understand
Section: 1.02
Section: 1.04
Topic: Nutrition Basics

51. Which of the following is not a nutrition-related objective from *Healthy People 2010*?
A. Reduce obesity
B. Increase fruit intake
C. Increase grain intake
D. Increase protein intake

Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Bloom's Level: Understand
Section: 1.06
Section: 1.06
Topic: Nutrition Basics

52. Which of the following hormones is made by the fat cells and influences long-term regulation of total fat stores?
A. Endorphins
B. Cortisol
C. Leptin
D. Neuropeptide Y

Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics
Bloom's Level: Understand
Section: 1.07
Section: 1.07
Topic: Nutrition Basics

53. Which of the following terms describes psychological influences that encourage us to find and eat food?
A. Appetite
B. Hunger
C. Satiety
D. Obsession

Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics
Bloom's Level: Understand
Section: 1.07
Section: 1.07
Topic: Nutrition Basics

54. Current factors that can influence American food habits negatively are
- A. more offerings of chicken and fish in restaurants as alternatives to beef.
 - B.** the time-oriented, hurried lifestyle leading to many meals eaten away from home.
 - C. the variety of new, low fat products in the supermarket.
 - D. more published information on the nutritional content of fast foods.

Figure: 1.04

Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics

Section: 1.05

Section: 1.06

Topic: Nutrition Basics

55. Food eaten away from home now accounts for close to _____ of the American food dollar.
- A. 10%
 - B. 25%
 - C.** 50%
 - D. 75%

Bloom's Level: Understand

Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics

Section: 1.07

Topic: Nutrition Basics

Matching Questions

56.

1. Appetite	The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen	<u>9</u>
2. Hunger	Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly	<u>6</u>
3. Vitamins	Heat needed to raise 1 liter of water 1 degree Celsius	<u>5</u>
4. Satiety	Psychological (external) influences that encourage us to find and eat food	<u>1</u>
5. Kcalorie	A hormone made by adipose tissue that influences long-term regulation of fat mass	<u>1</u> <u>0</u>
6. Phytochemicals	A neurotransmitter synthesized from the amino acid tryptophan that appears to decrease the desire to eat carbohydrates and to induce sleep	<u>1</u> <u>5</u>
7. Nutrients	Compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body	<u>3</u>
8. Minerals	Chemical substances in food that contribute to health.	<u>7</u>
9. Amino acid	Physiological (internal) drive to find and eat food, mostly regulated by innate cues to eating	<u>2</u>
10. Leptin	Chemical elements used in the body to promote chemical reactions and to form body structures	<u>8</u>
11. Hormone	An aspect of our lives that may make us more likely to develop a disease	<u>1</u> <u>2</u>
12. Risk factor	Compound that speeds the rate of a chemical process but is not altered by the process	<u>1</u> <u>4</u>
13. Obesity	State in which there is no longer a desire to eat; a feeling of satisfaction	<u>4</u>
14. Enzyme	Compound secreted into the bloodstream that acts to control the function of distant cells	<u>1</u> <u>1</u>
15. Serotonin	Hereditary material that provides the blueprints for the production of cell proteins	<u>1</u> <u>6</u>
16. Genes	A condition characterized by excess body fat	<u>1</u> <u>3</u>

Bloom's Level: Understand

Learning Outcome: 1.01 Identify diet and lifestyle factors that contribute to the 10 leading causes of death in North America

Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber

Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics

Section: 1.01

Section: 1.02

Section: 1.03

Section: 1.07

Topic: Nutrition Basics

Chapter 01 Test Bank: What You Eat and Why **Summary**

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Bloom's Level: Understand	40
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Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber	25
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet	11
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention	6
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Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics	6
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