

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

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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

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20 or

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30 g fat x 9 kcal/g = 270 kcal from fat

270 kcal from fat / 1400 total kcal = 0.19

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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

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

154 or

one hundred fifty-four

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

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

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

5 or

five

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

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

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).

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

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

33 or

thirty-three

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: 1.05

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**

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

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

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

20. Which of the following nutrients can directly supply energy for human use?

- A.** Lipids and oils
- B. Fiber
- C. Vitamins
- D. Minerals

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

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

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

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

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

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.

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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: 1.05

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

Section: 1.02

Topic: Nutrition Basics

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

Section: 1.02

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

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

29. Which of the following is characteristic of lipids?
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Section: 1.02

Topic: Nutrition Basics

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

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Topic: Nutrition Basics

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Topic: Nutrition Basics

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Topic: Nutrition Basics

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- 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

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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

Section: 1.02

Topic: Nutrition Basics

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

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

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

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

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.

Bloom's Level: Understand

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

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.

Bloom's Level: Apply

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

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.

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: 1.05

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.

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

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

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

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

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

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

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**

Bloom's Level: Understand

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

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

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

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

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

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

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

<u>Category</u>	<u># of Questions</u>
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Bloom's Level: Remember	4
Bloom's Level: Understand	40
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Figure: 1.03	1
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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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