

Nutrition and You: Core Concepts, MyPlate Ed. (Blake)
Concept 2 What Is Nutrition?

1) Nutrition knowledge has no influence on our food choices.

Answer: FALSE

Page Ref: 2-2

2) Diet, genes, and physical activity influence your risk for disease.

Answer: TRUE

Page Ref: 2-3

3) Vitamins are inorganic compounds.

Answer: FALSE

Page Ref: 2-7

4) Supplements provide the same health benefit as nutrients and nonnutrients from food.

Answer: TRUE

Page Ref: 2-8

5) A single food can be good for you even if it does not provide all the nutrients.

Answer: TRUE

Page Ref: 2-8

6) The American diet is very healthy.

Answer: FALSE

Page Ref: 2-9

7) Heart disease, kidney disease, and respiratory disease are the three leading causes of death in the United States and can be prevented through good nutrition.

Answer: FALSE

Page Ref: 2-4

8) Even with all the diet information available to Americans, our body weights are increasing.

Answer: TRUE

Page Ref: 2-11

9) Eleven percent of Americans, suffering from food insecurity, lack enough food to eat daily.

Answer: TRUE

Page Ref: 2-3

10) Rates of obesity are highest in people with the highest incomes.

Answer: FALSE

Page Ref: 2-3

11) The body slows metabolism and hoards calories during periods of hunger.

Answer: TRUE

Page Ref: 2-11

12) Low-cost foods tend to taste better.

Answer: TRUE

Page Ref: 2-11

13) Water helps maintain your body temperature and acts as a lubricant for your joints, eyes, mouth, and intestinal tract.

Answer: TRUE

Page Ref: 2-7

Match the term to its definition.

- A) substances that speed up reactions in your body
- B) a state of complete physical, mental, and social well-being
- C) substances containing carbon
- D) maintaining the level of water in the body for optimum health
- E) processing of genetic information to create a specific protein
- F) the substance of which genes are made
- G) nutrients you must have in order to function
- H) the part of the plant that isn't digested in the small intestine
- I) the tendency of food to satisfy our taste buds
- J) the essential nutrients you need in smaller amounts
- K) the energy-containing essential nutrients you need in higher amounts
- L) the science that studies how the nutrients in food affect your health
- M) carrying an excessive amount of body fat above the level of being overweight

14) DNA
Page Ref: 2-5

15) Nutrition
Page Ref: 2-2

16) Essential
Page Ref: 2-6

17) Macronutrients
Page Ref: 2-6

18) Micronutrients
Page Ref: 2-6

19) Enzymes
Page Ref: 2-7

20) Organic
Page Ref: 2-7

21) Fiber
Page Ref: 2-8

22) Gene expression
Page Ref: 2-5

23) Health
Page Ref: 2-2

24) Palatability
Page Ref: 2-11

25) Hydration
Page Ref: 2-6

26) Obesity
Page Ref: 2-9

Answers: 14) F 15) L 16) G 17) K 18) J 19) A 20) C 21) H 22) E 23) B 24) I 25) D 26) M

27) What role do diet, exercise, and genetics play in our health?

- A) They have no effect on our health.
- B) It depends on our gender and age.
- C) They can influence our health for better or worse.
- D) none of the above

Answer: C
Page Ref: 2-3

28) Which type of stress is a major risk factor for ill health?

- A) acute
- B) chronic
- C) mental
- D) physical

Answer: B
Page Ref: 2-3

29) A potent predictor of health problems is low socioeconomic status because of

- A) the inability to get to the doctor.
- B) the possible lack of education.
- C) the lack of social contact.
- D) the use of alcohol and tobacco to cope with chronic stress.

Answer: D
Page Ref: 2-3

30) Having a good basis of nutrition knowledge will

- A) influence our food choices.
- B) encourage us to eliminate carbohydrates from our diet.
- C) justify a high-protein diet.
- D) do all of the above.

Answer: A
Page Ref: 2-2

31) The _____ you inherited from your parents influence(s) the way your body uses food.

- A) digestion
- B) genes
- C) height
- D) taste buds

Answer: B

Page Ref: 2-5

32) A chronic deficiency of iron can make you feel

- A) tired.
- B) short of breath.
- C) weak.
- D) all of the above.

Answer: D

Page Ref: 2-4

33) A disease characterized by poor bone density and increased risk of fracture is called

- A) osteoporosis.
- B) beriberi.
- C) anemia.
- D) hepatitis.

Answer: A

Page Ref: 2-4

34) Good nutrition plays a role in reducing the risk of all of the following diseases, EXCEPT

- A) cancer.
- B) kidney disease.
- C) diabetes.
- D) stroke.

Answer: B

Page Ref: 2-4

35) What does deoxyribonucleic acid (DNA) contain?

- A) the instructions cells use to break down fats
- B) the instructions cells use to absorb nutrients
- C) the instructions cells use to build protein
- D) the instructions cells use to metabolize minerals

Answer: C

Page Ref: 2-5

36) The study of the relationship between diet and genes is called

- A) genetic nutrition.
- B) dietary genetics.
- C) the human genome.
- D) nutritional genomics.

Answer: D

Page Ref: 2-5

37) What was the collaborative effort to determine and sequence DNA in human cells called?

- A) Human DNA Sequencing
- B) Human Genome Project
- C) Human Gene Expression Mapping
- D) Human Nutrition Genome

Answer: B

Page Ref: 2-5

38) Nutritional genomics would be used to determine the best combination of nutrients for an individual based on that person's

- A) genetic makeup.
- B) food likes and dislikes.
- C) eating habits.
- D) stress levels.

Answer: A

Page Ref: 2-5

39) The essential nutrients include

- A) alcohol, water, and minerals.
- B) carbohydrates, protein, and fats.
- C) minerals, fiber, and vitamins.
- D) fats, carbohydrates, and fiber.

Answer: B

Page Ref: 2-6

40) Which is the correct definition of the term organic?

- A) contains carbon
- B) grown in rich soil
- C) contains nitrogen
- D) provides iron

Answer: A

Page Ref: 2-7

41) Which of the following is inorganic?

- A) minerals
- B) water
- C) salts
- D) all of the above

Answer: D

Page Ref: 2-7

42) Because you need higher amounts of these in your diet, they are called macronutrients.

- A) vitamins
- B) minerals
- C) carbohydrates
- D) phytochemicals

Answer: C

Page Ref: 2-6

43) The energy in food is measured in

- A) grams.
- B) calories.
- C) kilograms.
- D) Celsius.

Answer: B

Page Ref: 2-6

44) Which nutrient provides the body with glucose?

- A) fats
- B) proteins
- C) vitamins
- D) carbohydrates

Answer: D

Page Ref: 2-6

45) Which nutrient is the body's preferred source of energy?

- A) minerals
- B) carbohydrates
- C) protein
- D) fiber

Answer: B

Page Ref: 2-6

46) The body uses protein to

- A) build and maintain muscles, organs, and tissue.
- B) convert minerals to energy.
- C) maintain body temperature.
- D) do all of the above.

Answer: A

Page Ref: 2-6 to 2-7

47) Which nutrient provides the body with energy but is not essential?

- A) carbohydrates
- B) fats
- C) alcohol
- D) protein

Answer: C

Page Ref: 2-6

48) The best way to ensure that your diet is well balanced is to

- A) take supplements.
- B) eat a variety of foods.
- C) eat only packaged foods with food labels.
- D) avoid foods containing fat.

Answer: B

Page Ref: 2-8

49) Which of the following has the highest carbohydrate content?

- A) chicken with skin
- B) raw broccoli
- C) popcorn
- D) they all have about the same

Answer: C

Page Ref: 2-8

50) Foods high in fiber are often good sources of _____.

- A) phytochemicals
- B) protein
- C) fats
- D) B vitamins

Answer: A

Page Ref: 2-8

51) Under what conditions would people benefit from taking a supplement?

- A) lactose intolerance
- B) pregnancy
- C) anemia
- D) all of the above

Answer: D

Page Ref: 2-8

52) American intake of which two nutrients exceeds the recommended amount?

- A) calcium and monounsaturated fat
- B) iron and vitamin C
- C) sodium and saturated fat
- D) carbohydrates and protein

Answer: C

Page Ref: 2-9

53) Americans often fail to meet their needs for these two nutrients.

- A) vitamin E and calcium
- B) sodium and vitamin C
- C) protein and saturated fat
- D) none of the above

Answer: A

Page Ref: 2-9

54) Two health problems related to our diet that have become epidemic in the USA are

- A) anemia and lung problems.
- B) overweight and obesity.
- C) attention deficit disorder and strokes.
- D) osteoporosis and sleep deficit.

Answer: B

Page Ref: 2-9

55) What percentage of the adult American population is currently overweight?

- A) over 35 percent
- B) over 55 percent
- C) over 65 percent
- D) over 75 percent

Answer: C

Page Ref: 2-9

56) Which of the following is one of the two main goals for Healthy People 2010?

- A) to help Americans reduce their stress
- B) to help Americans better understand MyPyramid
- C) to help Americans increase their intake of animal products
- D) to help Americans increase their life expectancy

Answer: D

Page Ref: 2-10

57) Which nutrient aids in enzyme function?

- A) vitamins
- B) protein
- C) fats
- D) water

Answer: A

Page Ref: 2-7

58) When you carry extra weight on your body in relation to your height, you are considered

- A) obese.
- B) overweight.
- C) pleasantly plump.
- D) just right.

Answer: B

Page Ref: 2-9

59) The diet-related number-one cause of death in the United States is

- A) kidney disease.
- B) diabetes.
- C) stroke.
- D) heart disease.

Answer: D

Page Ref: 2-9

60) Which foods are more likely to satisfy our taste buds?

- A) cookies
- B) apples
- C) carrots
- D) chicken

Answer: A

Page Ref: 2-11

61) What is the difference between a macronutrient and a micronutrient?

Answer: A macronutrient is needed in larger quantities than a micronutrient. Vitamins and minerals are micronutrients, and the energy nutrients (carbohydrates, fats, and proteins) are macronutrients.

Page Ref: 2-6

62) What are the essential nutrients and why do you need them?

Answer: The essential nutrients are carbohydrates, fats, proteins, vitamins, minerals, and water. They are all equally important to the body because they work together to support growth and reproduction, to supply energy, and to help repair and maintain the body. The body cannot make these essential nutrients and thus they must come from the diet.

Page Ref: 2-6

63) Poor people have less money to buy food yet obesity is highest among people with the lowest income. Explain.

Answer: Foods with the lowest cost tend to be high in fat and sugar, high in calories, and low in essential nutrients. People lacking money are forced to buy cheap food. The result is a diet abundant in calories, resulting in weight gain while leaving the individual malnourished.

Page Ref: 2-11