

**TEST BANK**



SIZER • WHITNEY



12e

**NUTRITION**  
Concepts & Controversies

## Chapter 1 – Food Choices and Human Health

### *Chapter Learning Objectives*

- 1.1 Discuss how a particular lifestyle choice can either positively impact or harm overall health.
- 1.2 Define the term “nutrient” and be able to list the six major nutrients.
- 1.3 Recognize the 5 characteristics of a healthy diet and give suggestions using them.
- 1.4 Summarize how a particular culture or circumstance can impact a person’s food choices.
- 1.5 Describe and give an example of the major types of research studies.
- 1.6 Discuss why national nutrition survey data are important for the health of the population.
- 1.7 List the major steps in behavior change and devise a plan for making successful long-term changes in the diet.
- 1.8 Recognize misleading nutrition claims in advertisements for dietary supplements and in the popular media.

### *True/False Items*

<u>L.O.#</u>	<u>Ans.</u>	<u>Page #</u>	
1.1	T	2	1. Malnutrition includes deficiencies, imbalances, and excesses of nutrients, any of which can be detrimental over time.
1.1	T	3	2. Good food choices can reduce the chance of developing chronic diseases.
1.1	F	4	3. Heart disease deaths have fallen substantially and the number of overweight people has declined based on evaluation of the nation’s progress toward achieving national health objectives.
1.1	T	4	4. The human genome is 99.9% the same in all people.
1.2	T	8	5. When a hospital client has to be fed through a vein, the duration should be as short as possible and real food should be reintroduced as early as possible.
1.3	T	9	6. Enriched and fortified foods are not necessarily more nutritious than whole basic foods.
1.3	T	9	7. Nutraceutical is a term that has no legal definition.
1.4	F	12	8. Cultural traditions regarding food are static and inflexible.
1.5	T	13	9. Once a new finding is published in a scientific journal, it is still only preliminary.

### *Controversy 1 True/False Items*

<u>L.O.#</u>	<u>Ans.</u>	<u>Page #</u>	
1.8	T	25	10. Much of the nutrition information found on the Internet is fiction.
1.8	T	26	11. Only about 30 percent of all medical schools in the United States require students to take even one nutrition course.

- 1.8 T 26,28 12. Licensing provides a way to identify people who have met minimum standards of education and experience.

***Comprehension-Level Multiple-Choice Items***

**L.O.#   Ans.   Page #**

- |     |   |     |  |
|-----|---|-----|--|
| 1.1 | c | 3   | 1. Which of the following conditions is the most nutrition responsive?<br>a. hypertension<br>b. diabetes<br>c. iron-deficiency anemia<br>d. sickle-cell anemia   |
| 1.1 | c | 3   | 2. Of the 10 leading causes of death in the United States, _____ are related to nutrition, and 1 to alcohol consumption.<br>a. 2<br>b. 3<br>c. 4<br>d. 5   |
| 1.1 | d | 3   | 3. The development of chronic diseases has a connection to poor diet and:<br>a. can be completely prevented by eating a good diet.<br>b. will not be affected by lifestyle choices.<br>c. is not affected by genetics.<br>d. can be reduced by food choices along with lifestyle choices.  |
| 1.1 | c | 4   | 4. Mid-decade progress in meeting the nutrition objectives for the nation as part of <i>Healthy People 2010</i> included all of the following <b>except</b> :<br>a. reductions in incidences of food-borne infections.<br>b. reductions in several cancers..<br>c. reductions in the number of overweight people.<br>d. reductions in deaths from heart disease. |
| 1.1 | a | 4   | 5. Effects of physical activity on the body include all of the following <b>except</b> :<br>a. decreased bone density.<br>b. reduced risk of cardiovascular diseases.<br>c. faster wound healing.<br>d. increased lean body tissue.  |
| 1.1 | c | 4-5 | 6. Nutrition-related health objectives for the nation have been published by the:<br>a. Department of Agriculture.<br>b. Food and Drug Administration.<br>c. Department of Health and Human Services.<br>d. Centers for Disease Control and Prevention.  |
| 1.2 | c | 6   | 7. The nutrients fall into _____ classes.<br>a. two<br>b. four<br>c. six<br>d. eight   |
| 1.2 | a | 6   | 8. All of the following nutrients are organic <b>except</b> :<br>a. minerals.<br>b. fat.<br>c. vitamins.<br>d. carbohydrates.  |

- 1.2 d 6,7 9. The energy-yielding nutrients include:  
a. protein.  
b. fat.  
c. vitamins.  
d. a and b  
e. a and c
- 1.2 b 6,7 10. Which of the following nutrients yields energy, but also provides materials that form structures and working parts of body tissues?  
a. carbohydrates  
b. protein  
c. fats  
d. vitamins
- 1.2 c 7 11. One gram of alcohol is equal to \_\_\_\_\_ calories.  
a. two  
b. four  
c. seven  
d. nine
- 1.2 b 7 12. In nutrition, the word *essential* means:  
a. necessary for good health and proper functioning of the body.  
b. a necessary nutrient that can be obtained only from the diet.  
c. that the body can manufacture the nutrient from raw materials.  
d. compounds the body can make for itself.
- 1.2 b 7 13. The most energy-rich of the nutrients is:  
a. carbohydrate.  
b. fat.  
c. protein.  
d. water.
- 1.2 a 7 14. Food scientists measure food energy in:  
a. calories.  
b. kilograms.  
c. grams.  
d. units of weight.
- 1.2 e 7 15. Which of the following is a characteristic of alcohol?  
a. It is a nutrient.  
b. It contributes calories.  
c. It interferes with repair of body tissues.  
d. a and b  
e. b and c
- 1.2 a 7 16. When used with human beings, elemental diets:  
a. support life.  
b. support optimal growth.  
c. support health.  
d. enable people to thrive.
- 1.2 b 7 17. Carbohydrate and protein each contain \_\_\_\_\_ calories in a gram.  
a. 2  
b. 4  
c. 7  
d. 9

- 1.2 a 7 18. The major role in the body that all vitamins and minerals have is:
- to act as regulators in body processes.
  - to serve as parts of body structure.
  - to provide energy.
  - to prevent chronic disease.
- 1.2 d 8 19. The compound that gives hot peppers their burning taste is called a:
- toxin.
  - nutrient.
  - supplement.
  - phytochemical.
- 1.3 a 8 20. Data from a national survey showed that on a given day two-thirds of our population consume inadequate:
- fruits.
  - vegetables.
  - grains.
  - meat.
- 1.2 b 9 21. The term “\_\_\_\_\_” has no legal definition but is often used on food labels to imply wholesomeness.
- medical
  - natural
  - processed
  - enriched
- 1.3 a 9 22. Foods that have been subjected to any process such as addition of additives, milling, or cooking are called \_\_\_\_\_ foods.
- processed
  - partitioned
  - natural
  - enriched
- 1.3 c 9 23. Rice is an example of a \_\_\_\_\_ food used in Southeast Asia.
- fortified
  - natural
  - staple
  - processed
- 1.3 d 9 24. Which of the following terms was coined in an attempt to identify foods that might lend protection against chronic diseases by way of the nutrients or nonnutrients they contain?
- natural foods
  - organic foods
  - basic foods
  - functional foods
- 1.1 b 10 25. The major key to evaluating a food is to:
- explore how it can help prevent an illness.
  - determine how you use it within your total diet over time.
  - judge how popular it is among consumers.
  - study the role it plays in the body.

- 1.3 d 10 26. One of the characteristics of a nutritious diet is that the foods provide enough of each essential nutrient, fiber, and energy. This principle of diet planning is called:
- variety.
  - balance.
  - moderation.
  - adequacy.
- 1.3 d 11 27. A certain amount of fiber in foods contributes to the health of the digestive tract, but too much fiber leads to nutrient losses. The characteristic of diet planning illustrated by this statement is called:
- adequacy.
  - calorie control.
  - balance.
  - moderation.
- 1.4 b 12 28. Many factors influence food choices by individuals. Among these are:
- cultural traditions, which are inflexible and cannot be changed.
  - the convenience of meals that require little or no preparation.
  - the emotional comfort provided by foods with high nutrient content.
  - expense, since foods that cost more are always more nutritious.
- 1.5 c 13 29. The source of valid nutrition information is:
- newspaper articles.
  - TV programs.
  - scientific journals.
  - health magazines.
- 1.5 d 15 30. What type of research studies populations and is often used to search for correlations between dietary habits and disease incidence?
- intervention study
  - laboratory study
  - case study
  - epidemiological study
- 1.5 e 15 31. Which of the following research designs are among the most powerful tools in nutrition research because they show the effects of treatments?
- case studies
  - laboratory studies
  - intervention studies
  - a and b
  - b and c
- 1.8 a 18 32. In the precontemplation stage of change, the best action to take is to:
- collect information and learn about your current behaviors.
  - write out a plan for change with specific actions to take.
  - commit to making a change and set a date to start.
  - persevere through any lapses that may occur.
- 1.7 b 18,19 33. The most difficult obstacle to changing behavior is:
- competence, because it is difficult to obtain new knowledge.
  - motivation, because it is difficult to change.
  - confidence, because it cannot be improved.
  - self-efficacy, because people don't believe in their ability to take action.

**Application-Level Multiple-Choice Items**

<u>L.O.#</u>	<u>Ans.</u>	<u>Page #</u>	
1.1	b	2-3	34. Your food intake on a daily basis affects your health because: a. you must eat adequate amounts of every nutrient daily to stay healthy. b. improper balance of nutrients over time can lead to chronic diseases in the future. c. malnutrition is a result of not eating enough foods. d. overeating will result in very quickly developing a chronic disease.
1.1	c	3	35. When considering the effect of genetics and nutrition on chronic disease development in individuals: a. we need to understand that all individuals have the same genetic makeup. b. sound nutrition practices have the greatest influence on prevention of all chronic diseases. c. our genetic inheritance determines the influence nutrition will have on disease prevention. d. scientists have recently been able to identify all the genetic connections to chronic disease.
1.1	b	3	36. If a person has the inherited genetic coding that is related to heart disease, what effect might dietary practices have on this person's health? a. they will have no effect because development of the disease has been pre-determined b. they will have differing effects dependent upon the type of genetic messages c. they can completely reverse the genetic coding that has been inherited d. they will work the same way for everyone who has heart disease
1.1	a	4	37. When evaluating the effectiveness of the nutrition and physical activity objectives in <i>Healthy People 2010</i> , public health officials have found that: a. we have been successful in reducing the number of deaths from heart disease and stroke. b. heart disease is no longer the leading cause of death among adults. c. physical activity has an influence on health that is completely separate from nutrition. d. the numbers of overweight individuals is being effectively reduced.
1.2	a	7	38. How many calories are in a food that contains 20 grams of carbohydrate, 8 grams protein, and 5 grams of fat? a. 157 b. 232 c. 258 d. 378
1.2	a	7	39. A food provides 8 grams of fat and 300 total calories. What is the percentage of calories as fat in this product? a. 24% b. 30% c. 48% d. 52%

- 1.2 c 7 40. Your best friend tells you that she has started taking vitamin supplements to give her energy. How would you respond to her statement?
- Vitamins are organic and are a great energy source.
  - Vitamins provide energy because they undergo oxidation.
  - Vitamins do not yield usable energy.
  - a and b
  - b and c
- 1.2 d 7-8 41. Liquid formulas that have been introduced as “meal replacers” have been shown to:
- be an effective way for people to supplement their diets if they are not eating adequately.
  - help support growth and health without medical complications in severely ill patients.
  - be better than a diet of real foods for many people because of their food choices.
  - have a limited use that is lifesaving for hospitalized patients who cannot eat real foods.
- 1.2 b 8 42. Phytochemicals found in foods are important because:
- they increase the risk of developing certain diseases when they are eaten.
  - they decrease the risk of developing certain diseases when they are eaten.
  - they are considered to be essential nutrients.
  - they are a new category of vitamins.
- 1.2 c 8 43. A compound in cranberries may prevent some bacteria from clinging to the urinary tract and help prevent urinary tract infections. This compound is an example of a:
- nutraceutical.
  - functional food.
  - phytochemical.
  - natural food.
- 1.3 a 8-9 44. The abundance of types of foods today has made it:
- more difficult to plan a nutritious diet.
  - much easier to select nutritious foods for a diet.
  - healthier to combine nutraceuticals for disease prevention.
  - easier to balance a deficient diet with functional foods.
- 1.3 c 9 45. You purchase a food product that is enriched. This means that:
- the product is superior to similar products.
  - the product is low in calories and high in nutrients.
  - the product could be either nutritious or not nutritious.
  - a and b
- 1.3 c 9 46. When making food choices, the best types of foods to include in your diet are:
- natural foods, because they are the most nutritious and complete.
  - fast foods, because they are the most readily available.
  - whole foods, because they provide the basis of a nutritious diet.
  - processed foods, because they are fortified with all missing nutrients.



- 1.3 d 10 47. Most foods that are high in calcium are poor sources of iron. This statement illustrates the importance of the characteristic of a nutritious diet known as:
- adequacy.
  - variety.
  - moderation.
  - balance.
- 1.3 a 11 48. Harry has a monotonous diet and eats the same foods every day. You try to convince him to eat a variety of foods because:
- some less well-known nutrients and some nonnutrient food components could be important to health.
  - a monotonous diet may deliver large amounts of unwanted minerals.
  - a monotonous diet may lead to decreased appetite and severe weight loss.
  - large amounts of the same foods may lead to an excess of certain vitamins.
- 1.4 c 12 49. When you are ill with a cold, you fix a bowl of chicken noodle soup to eat to feel better. What factor drives your food choice in this situation?
- availability
  - habit
  - emotional comfort
  - social pressure
- 1.4 b 12 50. Having cake and ice cream as part of a birthday celebration is an example of which food choice factor?
- economy
  - positive association
  - social pressure
  - values
- 1.4 a 12 51. Your family always has rice available at every meal, just as it has been for every generation. This is an example of \_\_\_\_\_ of food selection.
- cultural tradition
  - emotional comfort
  - availability
  - social pressure
- 1.5 d 13,14 52. Because nutrition science is a young category compared to other sciences, findings in nutrition research have been:
- extremely limited in the scientific community.
  - very definite because of new technology.
  - reported quickly because of the need for the public to know.
  - contradictory because of new theories being tested.
- 1.5 a 15 53. A study conducted in several countries where a high intake of fish and a low intake of animal fat were correlated with a low rate of breast cancer death is an example of a(n):
- epidemiological study.
  - case study.
  - intervention study.
  - blind experiment.

- 1.5 c 15 54. Scientists have developed a new type of margarine containing plant ingredients they think will lower blood cholesterol levels in people who use the margarine. They want to test this by having some people use the new margarine for a while and then compare their cholesterol levels with those of a group of people who use regular margarine. This is an example of what type of research design?
- epidemiological study
  - case study
  - intervention study
  - laboratory study
- 1.5 d 16 55. You see a new finding about nutrition reported in your local newspaper. Based on this information you would:
- decide that the information is factual.
  - contribute it to media sensationalism.
  - feel confident about changing your diet accordingly.
  - wait to apply the findings until they have been repeated and confirmed by scientists.
- 1.6 b 16-17 56. The main purpose of the national research projects, the National Health and Nutrition Examination Surveys (NHANES) and the Continuing Survey of Food Intakes by Individuals (CSFII), is to:
- determine what types of foods are available in grocery stores and supermarkets.
  - determine what the nutrient and dietary intakes of the population in our country are.
  - identify what foods have been imported from other countries.
  - set regulations for food intake in individuals of different ages.
- 1.6 d 17 57. If you compare the two major nutrition monitoring research projects in this country, the National Health and Nutrition Examination Survey (NHANES):
- is the only study that compares foods chosen with recommended food selections.
  - is the only study that records what people have eaten.
  - is the only study that is involved in nutrition policy.
  - is the only study that records measures of people's health status.
- 1.7 b 18 58. A person with heart disease is told he has to make some changes in his diet and lifestyle practices. He states "I know that I should make changes because my father and brother both died of heart attacks. But, I really like to have my big steaks for dinner." He is in what stage of behavior change?
- precontemplation
  - contemplation
  - action
  - maintenance
- 1.7 c 19 59. An individual who blames his weight gain on his wife for cooking all the wrong types of foods may have difficulty with making behavioral changes because his confidence is affected by:
- high self-efficacy.
  - an internal locus of control.
  - an external locus of control.
  - high competence.

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- 1.7 b 19 60. A woman who is trying to lose weight will be more motivated if she considers:
- trying some recipes from a new cookbook.
  - the reward of being able to fit into her favorite clothes again.
  - asking her husband to cook their meals.
  - the confidence she has from setting goals for changing eating habits.
- 1.3 d 20 61. Which of the following foods offers the most nutrients per calorie?
- potatoes
  - corn
  - green peas
  - carrots
- 1.3 b 20 62. Three ounces of beef stew offers about the same amount of iron as three ounces of water-packed tuna, but the beef contains over 300 calories while the tuna contains about 100 calories. This is an example of:
- balance.
  - nutrient density.
  - dietary variety.
  - moderation.

### ***Controversy 1 Multiple-Choice Items***

**L.O.#   Ans.   Page #**

- 1.8 b 23 63. A false story has circulated for several years on the Internet about the chickens used by a popular national fried chicken chain. It claims that the chickens used by the company have been genetically modified to have no heads, beaks, or feet and are kept alive with feeding tubes. This is an example of:
- an advertorial.
  - an urban legend.
  - an infomercial.
  - anecdotal evidence.
- 1.8 c 23 64. A popular star has a half-hour television show describing a new dietary supplement that she claims has made her much healthier. During the show she describes how she has seen improvement in her skin, hair, and eyesight without going to the doctor. This is an example of:
- an advertorial.
  - an urban legend.
  - an infomercial.
  - anecdotal evidence.
- 1.8 c 24, 25 65. An advertisement for a new performance-enhancing supplement is on the Internet. What can you assume about the advertisement for the supplement?
- it is providing accurate information because all information on the Internet has been screened
  - the information is valid because the ad describes the research that was done in the company's lab
  - the information needs to be checked for scientific validity and accuracy
  - testimonials from individuals who have used the supplement prove that it works

- |     |   |       |   |
|-----|---|-------|---|
| 1.8 | a | 24,25 | 66. You can tell a claim about nutrition is suspect if it bears the following characteristics: <ol style="list-style-type: none"> <li>a. it is being made by an advertiser who is paid to make claims.</li> <li>b. the evidence used to support the claim is from a university laboratory.</li> <li>c. it appears in a scientific journal that is peer-reviewed.</li> <li>d. it is being made by a public health nutritionist.</li> </ol> |
| 1.8 | a | 26    | 67. The credential “R.D.” displayed by a dietitian's name indicates registration with: <ol style="list-style-type: none"> <li>a. the American Dietetic Association.</li> <li>b. the American Association of Nutrition and Dietary Consultants.</li> <li>c. the International Academy of Nutritional Consultants.</li> <li>d. the American Society for Clinical Nutrition.</li> </ol>  |
| 1.8 | a | 26,27 | 68. Characteristics of a legitimate and qualified nutrition expert include: <ol style="list-style-type: none"> <li>a. graduation from a university after completing a program of dietetics.</li> <li>b. completion of a medical degree.</li> <li>c. use of the term “nutritionist” after the individual’s name.</li> <li>d. completion of a certificate in nutrition from a correspondence program.</li> </ol>                            |

### *Essay Items*

<u>L.O.#</u>	<u>Page #</u>	
1.1	4	1. Describe the potential benefits of physical activity.
1.2	5-8	2. Identify the functions of food, in addition to providing nutrients.
1.2	7	3. Provide some specific examples of how vitamins and minerals serve as regulators in the body.
1.2	7-8	4. Is it possible to take dietary supplements in place of food? Why or why not?
1.3	8,9	5. Why does the variety of foods available to us today make it more difficult, rather than easier, to plan nutritious diets?
1.3	10-11	6. Identify and briefly describe the five characteristics of a nutritious diet.
1.4	12	7. Identify factors that drive food choices.
1.5	13-15	8. Describe the characteristics of scientific research.
1.5	13-16	9. Describe why people should not make changes in their diet based on results of a single research study.
1.3	20	10. Explain the concept of nutrient density and give an example.
1.8	24-26	11. Describe how you would determine if an Internet site offers reliable nutrition information.