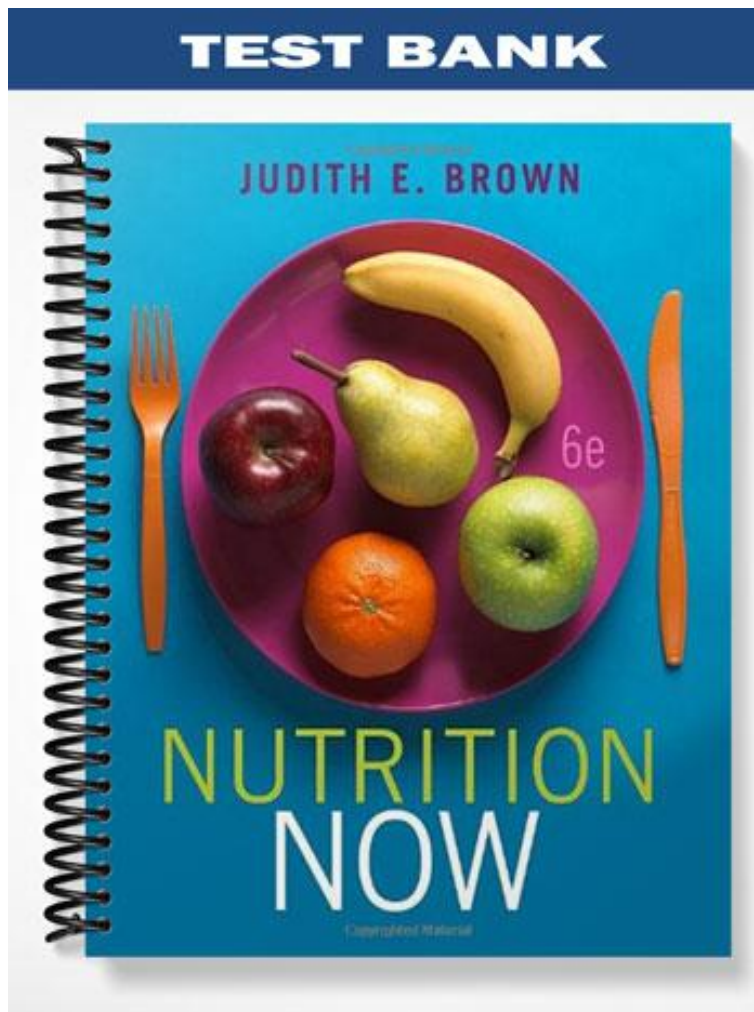


TEST BANK



JUDITH E. BROWN

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**NUTRITION
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Unit 2--The Inside Story about Nutrition and Health

Student: _____

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True False

2. People in the United States typically choose a diet that is high in fat, sugar, and low in fiber.

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3. Countries that adopt a Western diet generally experience an increase in malnutrition.

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4. Americans have the highest life expectancy in the world.

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5. Chronic disease is unavoidable for people living in Westernized countries, such as the United States of America.

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6. MyPyramid is an updated version of the five basic food groups.

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7. Humans are born with the ability to select a healthy, well-balanced diet.

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| 1. diabetes | A brain disease that represents the most common form of dementia | _____ |
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| 3. osteoporosis | slow-developing, long-lasting diseases that are not contagious | _____ |
| 4. cirrhosis of the liver | degeneration of the liver, usually caused by excessive alcohol intake over a number of years | _____ |
| 5. antioxidants | the first response of the body's immune system to infectious agents, toxins, or irritants that can last weeks, months, or years | _____ |
| 6. hypertension | a disease characterized by abnormal utilization of glucose by the body and elevated blood glucose levels | _____ |
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| 8. chronic inflammation | chronic high blood pressure | _____ |
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- A. Lifestyle
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- B. Pastries, cookies, and cakes
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- C. Vegetables
- D. Protein

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- C. Vegetables
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Refer to Case Study 2-1. What types of foods can Ellen consume to help increase her calcium intake and reduce her risk of osteoporosis?

- A. Whole-grain breads
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- C. Chicken and pork
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Refer to Case Study 2-1. What would be the best ways for Ellen to reduce her chances of developing hypertension?

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Refer to Case Study 2-1. Jane has learned that the chronic diseases she is genetically susceptible to are all _____.

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- C. associated with excessive body fat
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- A. Decreasing her intake of high-protein, low-fat foods
- B. Choosing high-animal protein diet and eliminating fruits and grains from her diet
- C. Selecting a weight-loss diet program that replaces meals with protein shakes
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Refer to Case Study 2-1. Ellen would like to be proactive in reducing her risk of cancer. What specific change can she make to her diet to reduce her risk?

- A. Decrease her intake of whole grains
- B. Increase her alcohol intake
- C. Decrease her intake of high-fat and processed meats
- D. Increase her intake of whole milk and cheese

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Refer to Case Study 2-1. In addition to making dietary changes, what else can Jane and Ellen do to be proactive in reducing their risk of developing chronic diseases?

- A. Exercise regularly
- B. Reduce stress by practicing healthy relaxation techniques
- C. Quit smoking or do not start smoking
- D. All of the above

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Refer to Case Study 2-1. Jane and Ellen realize that they can reduce their risk of multiple chronic diseases by following recommendations for reducing what other chronic health problem?

- A. Chronic inflammation and oxidative stress
- B. Alzheimer's disease
- C. Chronic obstructive pulmonary disease
- D. Pellagra

Unit 2--The Inside Story about Nutrition and Health **Key**

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FALSE

2. People in the United States typically choose a diet that is high in fat, sugar, and low in fiber.

TRUE

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TRUE

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FALSE

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FALSE

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TRUE

7. Humans are born with the ability to select a healthy, well-balanced diet.

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Ellen learned that she has a family history of colon cancer, osteoporosis, and hypertension. Jane learned that she has a family history of heart disease, type 2 diabetes, and obesity. The roommates discuss lifestyle changes that they can make to reduce their risks of developing these chronic diseases. Help Ellen and Jane make the right decisions for taking care of their health and nutrition by answering the following multiple-choice question(s).

Refer to Case Study 2-1. Ellen would like to be proactive in reducing her risk of cancer. What specific change can she make to her diet to reduce her risk?

- A. Decrease her intake of whole grains
- B. Increase her alcohol intake
- C.** Decrease her intake of high-fat and processed meats
- D. Increase her intake of whole milk and cheese

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Refer to Case Study 2-1. In addition to making dietary changes, what else can Jane and Ellen do to be proactive in reducing their risk of developing chronic diseases?

- A. Exercise regularly
- B. Reduce stress by practicing healthy relaxation techniques
- C. Quit smoking or do not start smoking
- D.** All of the above

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Refer to Case Study 2-1. Jane and Ellen realize that they can reduce their risk of multiple chronic diseases by following recommendations for reducing what other chronic health problem?

- A. Chronic inflammation and oxidative stress
- B. Alzheimer's disease
- C. Chronic obstructive pulmonary disease
- D. Pellagra