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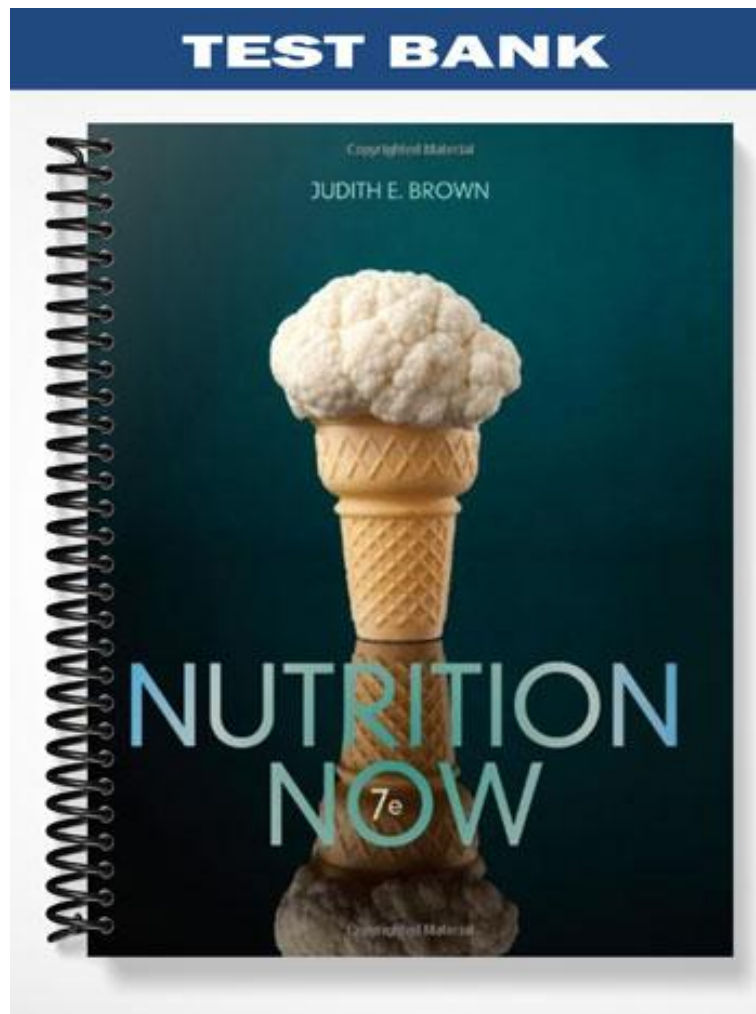
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Test Bank for Unit 2 – The Inside Story about Nutrition and Health

True/False

1. _____ Genetic traits exert a stronger influence on overall health and longevity than lifestyle behaviors.

2. _____ The human body evolved with the presence of grains, dairy, and wild game as a part of the diet.

3. _____ Countries that adopt a Western diet generally experience an increase in rates of chronic diseases common in the United States.

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

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

6. _____ ChooseMyPlate is a label for the USDA's food choice guidelines.

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

8. _____ ChooseMyPlate food plan recommendations are based on the hunter-gatherer diet of human ancestors.

9. _____ Consuming a diet low in fruits and vegetables and high in fatty meats increases a person's risk for cancer.

10. _____ Decreasing rates of obesity and food insecurity are major objectives for *Healthy People 2020*.

11. _____ Gene functioning is affected by food or the components of food.

Matching

1. _____ ChooseMyPlate
2. _____ antioxidants
3. _____ chronic diseases
4. _____ cirrhosis of the liver
5. _____ chronic inflammation
6. _____ diabetes
7. _____ free radicals
8. _____ hypertension
9. _____ osteoporosis
10. _____ oxidative stress
11. _____ *Healthy People 2020*

a. a condition in which bones become fragile and susceptible to fracture due to a loss of calcium and other minerals

b. a disease characterized by abnormal utilization of glucose by the body and elevated blood glucose levels

c. the prolonged response of the body's immune system to infectious agents, toxins, or irritants

d. chronic high blood pressure

e. the goals and objectives for changing health status in the United States

f. a condition in which cells are exposed to fewer antioxidant molecules than to free radicals, which in turn interrupts normal cell function

g. oxidizing agents that are missing electrons

h. chemical substances that prevent or repair damage to cells caused by free radicals

i. a chronic disease usually caused by excessive alcohol and poor dietary intake over a number of years

j. slow-developing, long-lasting diseases that are influenced by poor diet

k. the current government-recommended food plan

Multiple Choice: Choose the one best answer.

1. A high amount of processed meats in the diet is associated with the development of which of the following diseases?
   a. Tooth decay
   b. Osteoporosis
   c. Cancer
   d. Irritable bowl syndrome

2. Which of the following nutrients is indicated by research to help reduce the risk of developing Alzheimer's disease in genetically susceptible adults?
   a. Iron
   b. Omega-3 fatty acids
   c. Calcium
   d. B_{12}

3. Biological processes in the modern human body that were advantages helping to ensure the survival of our hunter-gatherer ancestors include:
   a. the ability to conserve sodium.
   b. a digestive tract suited for high-fiber foods.
   c. the ability to survive periods of famine.
   d. All of the above

4. Which of the following is a dietary risk factor in developing Alzheimer' disease?
   a. High intake of olive oil
   b. Excessive vigorous exercise
   c. Low intake of vegetables, fruits, and healthy fats
   d. Low intake of animal protein

5. Which of the following factors has **not** helped reduce the rates of heart disease deaths in the U.S. over the last 30 years?
   a. A reduction in the proportion of people who smoke
   b. A decline in hypertension and cholesterol levels
   c. A decrease in cases of obesity and diabetes
   d. Medical interventions for people with heart disease

6. Which of the following countries has the highest life expectancy?
   a. Japan
   b. United States
   c. Germany
   d. France

7. Which of the following is the top cause of death in the United States?
   a. Kidney disease
   b. Stroke
   c. Heart disease
   d. Cancer
   e. Accidents

8. All of the following chronic diseases are more likely to occur in a person with excessive levels of body fat **except**:
   a. diabetes.
   b. osteoporosis.
   c. hypertension.
   d. some cancers.

9. Antioxidants are produced by _____ and provided mostly by _____.
   a. the body, plant foods
   b. free radicals, the air
   c. the skin, fatty foods
   d. smoking, plant foods

10. Which of the following is not a nutrition objective for the nation from *Healthy People 2020*?
    a. Increase consumption of vegetables
    b. Reduce intakes of calcium and sodium
    c. Increase food security
    d. Reduce dietary intake of sold fats

11. Which of the following foods is most likely to increase inflammation or oxidative stress?
    a. Dried beans
    b. Olive oil
    c. Processed high-fat meats
    d. Coffee

12. Which of the following is the second leading cause of death in the United States?
    a. Heart disease
    b. Cancer
    c. Strokes
    d. Cirrhosis
    e. Diabetes

13. Diet is related to which of the following causes of death?
    a. Diabetes
    b. Stroke
    c. Cirrhosis
    d. Heart disease
    e. All of the above

14. All of the following are evolutionary adaptations of the human body **except**:
    a. our bodies have changed considerably in the last 40,000 years.
    b. the human body does best on a low-fat, low-sugar diet.
    c. the human body does best on a high-fiber, low-sodium diet.
    d. the human body does best on a lean protein, high-complex carbohydrate diet.

15. Which of the following foods is associated with decreased inflammation and oxidative stress?
    a. Fish/seafood
    b. Whole milk
    c. Pretzels
    d. Sweetened beverages

16. Goals for *Healthy People 2020* to improve the diet of all U.S. citizens include:
    a. Decrease the number of schools that offer nutritious foods and beverages.
    b. Increase consumption of fat and saturated fat.
    c. Increase the proportion of Americans who have access to retail outlets that sell a variety of healthy foods.
    d. Reduce iron deficiency among young children and women of child-bearing age.
    e. a and b
    f. c and d

17. All of the following would be recommended to someone trying to adopt a healthier lifestyle **except**:
    a. Eat a variety of vegetables every day.
    b. Eat more whole grains.
    c. Eat less refined sugar.
    d. Give up favorite foods that are high in fat and sugar.

18. Cirrhosis of the liver is caused by an overall poor diet and excess consumption of _____.
    a. red meat
    b. peanuts
    c. alcohol
    d. roasted foods

19. Which of the following foods most resembles what early human ancestors would have eaten?
    a. Whole milk
    b. Oatmeal
    c. Cheddar cheese
    d. Blueberries

20. Jamie wants to change her diet to reduce her risk of hypertension, so she decides to maintain:
    a. a high sodium intake.
    b. a high alcohol intake.
    c. a high potassium intake.
    d. low vegetable and fruit intakes.

21. Dietary factors associated with stroke include all of the following **except**:
    a. low vegetable and fruit intake.
    b. excessive alcohol intake.
    c. high fiber intake.
    d. high animal fat intake.

22. Shared dietary risk factors including low intake of vegetables, fruits, fish, and vitamin D and excessive intake of calories and animal fats are associated with what condition?
    a. Insomnia
    b. Eating disorders
    c. Chronic inflammation and oxidative stress
    d. Impaired growth

23. Dietary patterns connected to cancer include all of the following **except**:
    a. regular consumption of processed meats.
    b. excessive alcohol intake.
    c. low fruit and vegetable intake.
    d. low sodium intake.

24. According to Choose MyPlate, half of each meal should be made up of _____.
    a. Dairy
    b. Fruits and dairy
    c. Protein foods
    d. Vegetables and fruits

25. The Choose MyPlate food guide recommends that people consume foods in _____ portions..
    a. convenient
    b. larger
    c. energy-dense
    d. smaller

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26. Dietary factors associated with type 2 diabetes include all of the following **except**:
    a. high caffeine intake.
    b. high intake of energy-dense, low-nutrient quality foods.
    c. high saturated fat intake.
    d. low intake of fruits and vegetables.

27. Which of the following factors has the greatest impact on physical health?
    a. Lifestyle
    b. Genetic makeup
    c. Environmental exposure to toxins
    d. Access to quality health care

28. Seventy years ago the dietary factor that most contributed to diseases and deaths was _____.
    a. nutrient overdose
    b. nutrient deficiencies
    c. excess body fat
    d. over exercising

29. Excessive alcohol intake is associated with which of the following conditions?
    a. Stroke
    b. Cancer
    c. Hypertension
    d. All of the above

30. About 50% of Americans die from what two causes of death?
    a. Heart disease and HIV
    b. Lung disease and cancer
    c. Heart disease and cancer
    d. Stroke and accidents

31. Approximately 50% of the U.S. population is susceptible to increased blood cholesterol levels with a high intake of dietary cholesterol. This is an example of:
    a. the interaction between diet and genes to influence health.
    b. chronic inflammation and chronic stress.
    c. hypertension.
    d. the relationship between aging and disease development.

32. Which of the following foods are characteristic of the Western-type diet?
    a. Broiled fish and seafood
    b. Processed foods and oils
    c. Dark green and root vegetables
    d. Dried beans and rice

33. Which of the following dietary practices reduces inflammation and oxidative stress?
    a. Eating a variety of meats daily
    b. Eating whole-fat dairy products daily
    c. Eating colorful fruits and vegetables daily
    d. Eating plenty of low-sodium processed snack foods

34. Sulforaphane is a compound found in cabbage family vegetables that interacts with human _____ to help prevent cancer.
    a. genes
    b. hair
    c. never tissue
    d. muscle tissue

35. Choose MyPlate recommends which type of milk?
    a. Whole
    b. 2%
    c. 1% or nonfat
    d. All types

36. Choose MyPlate recommends replacing sugary drinks with _____.
    a. milk
    b. water
    c. juice
    d. coffee

37. According to Choose MyPlate, what minimum proportion of grain consumption should come from 100% whole grains?
    a. 20%
    b. 30%
    c. 50%
    d. 80%

Case Study and Multiple-Choice Questions: Choose the one best answer.

Ellen and Jane are roommates who are taking a health and nutrition course at their university. After completing their health family tree projects they each discover that they both have genetic tendencies toward several chronic diseases.

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 questions.

38. What types of foods can Ellen consume to help increase her calcium intake and reduce her risk of osteoporosis?
    a. Whole-grain breads
    b. Low-fat dairy products fortified with vitamin D
    c. Chicken and pork
    d. Mixed berries and nuts

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39. What would be the best ways for Ellen to reduce her chances of developing hypertension?
    a. Reduce her meat intake
    b. Increase her intake of fresh fruits and vegetables
    c. Increase her intake of processed grains
    d. Increase her alcohol consumption

40. Jane has learned that the chronic diseases she is genetically susceptible to are all _____.
    a. related
    b. largely preventable
    c. associated with excessive body fat
    d. All of the above

41. What would be the best dietary changes for Jane to make to prevent the chronic diseases that she is genetically susceptible to?
    a. Decreasing her intake of high-protein, low-fat foods
    b. Choosing a 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
    d. Decreasing her intake of high-animal fat, high-sugar foods and increasing her intake of fresh fruits and vegetables

42. 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

43. 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. Achieve and maintain a healthy weight
    c. Quit smoking or do not start smoking
    d. All of the above

44. 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
    b. Anemia
    c. Chronic obstructive pulmonary disease
    d. Osteoporosis

Unit 2 Key

ANS = correct answer; REF = text page reference; OBJ = learning objective

True/False

1.	ANS: F	REF: 2-2	OBJ: 2.1
2.	ANS: F	REF: 2-6	OBJ: 2.2
3.	ANS: T	REF: 2-7|2-8	OBJ: 2.2
4.	ANS: F	REF: 2-7	OBJ: 2.2
5.	ANS: F	REF: 2-8	OBJ: 2.2
6.	ANS: T	REF: 2-10	OBJ: 2.3
7.	ANS: F	REF: 2-5	OBJ: 2.1
8.	ANS: F	REF: 2-6|2-10	OBJ: 2.2|2.3
9.	ANS: T	REF: 2-3|2-4	OBJ: 2.1
10.	ANS: T	REF: 2-9	OBJ: 2.3
11.	ANS: T	REF: 2-4|2-5	OBJ: 2.1

Matching

1.	ANS: k	REF: 2-10	OBJ: 2.3
2.	ANS: h	REF: 2-4	OBJ: 2.1
3.	ANS: j	REF: 2-3	OBJ: 2.1
4.	ANS: i	REF: 2-4	OBJ: 2.1
5.	ANS: c	REF: 2-4	OBJ: 2.1
6.	ANS: b	REF: 2-3	OBJ: 2.1
7.	ANS: g	REF: 2-4	OBJ: 2.1
8.	ANS: d	REF: 2-3	OBJ: 2.1
9.	ANS: a	REF: 2-4	OBJ: 2.1
10.	ANS: f	REF: 2-4	OBJ: 2.1
11.	ANS: e	REF: 2-9	OBJ: 2.3

Multiple Choice

1.	ANS: c	REF: 2-3|2-4	OBJ: 2.1
2.	ANS: b	REF: 2-5	OBJ: 2.1
3.	ANS: d	REF: 2-6	OBJ: 2.2
4.	ANS: c	REF: 2-3|2-4	OBJ: 2.1
5.	ANS: c	REF: 2-8	OBJ: 2.2
6.	ANS: a	REF: 2-7	OBJ: 2.2
7.	ANS: c	REF: 2-3	OBJ: 2.1
8.	ANS: b	REF: 2-4	OBJ: 2.1
9.	ANS: a	REF: 2-4	OBJ: 2.1
10.	ANS: b	REF: 2-9	OBJ: 2.3
11.	ANS: c	REF: 2-4|2-5	OBJ: 2.1
12.	ANS: b	REF: 2-3	OBJ: 2.1
13.	ANS: e	REF: 2-3|2-4	OBJ: 2.1
14.	ANS: a	REF: 2-6	OBJ: 2.2
15.	ANS: a	REF: 2-4|2-5	OBJ: 2.1
16.	ANS: f	REF: 2-9	OBJ: 2.3
17.	ANS: d	REF: 2-10	OBJ: 2.3
18.	ANS: c	REF: 2-4	OBJ: 2.1
19.	ANS: d	REF: 2-6	OBJ: 2.2
20.	ANS: c	REF: 2-4	OBJ: 2.1
21.	ANS: c	REF: 2-4	OBJ: 2.1
22.	ANS: c	REF: 2-3|2-4	OBJ: 2.1
23.	ANS: d	REF: 2-3|2-4	OBJ: 2.1
24.	ANS: d	REF: 2-10	OBJ: 2.3
25.	ANS: d	REF: 2-10	OBJ: 2.3
26.	ANS: a	REF: 2-4	OBJ: 2.1
27.	ANS: a	REF: 2-2	OBJ: 2.1
28.	ANS: b	REF: 2-3	OBJ: 2.1
29.	ANS: d	REF: 2-4	OBJ: 2.1
30.	ANS: c	REF: 2-3	OBJ: 2.1
31.	ANS: a	REF: 2-4|2-5	OBJ: 2.1
32.	ANS: b	REF: 2-6|2-7	OBJ: 2.2
33.	ANS: c	REF: 2-4|2-5	OBJ: 2.1
34.	ANS: a	REF: 2-4	OBJ: 2.1
35.	ANS: c	REF: 2-10	OBJ: 2.3
36.	ANS: b	REF: 2-10	OBJ: 2.3
37.	ANS: c	REF: 2-10	OBJ: 2.3

Case Study Multiple Choice

38.	ANS: b	REF: 2-4	OBJ: 2.1
39.	ANS: b	REF: 2-3|2-4	OBJ: 2.1
40.	ANS: d	REF: 2-3|2-4|2-5|2-6|2-7|2-8 OBJ: 2.1|2.2	
41.	ANS: d	REF: 2-3|2-4|2-5|2-6|2-7|2-8 OBJ: 2.1|2.2	
42.	ANS: c	REF: 2-3|2-4	OBJ: 2.1
43.	ANS: d	REF: 2-8	OBJ: 2.2
44.	ANS: a	REF: 2-3|2-4	OBJ: 2.1