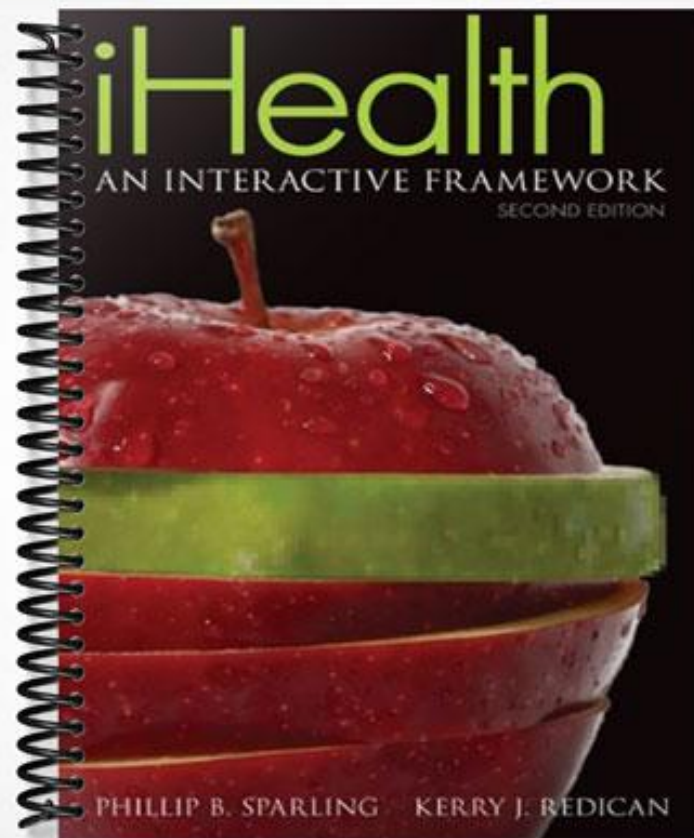


TEST BANK



CHAPTER 2: CHOOSE A HEALTHY DIET

NUTRITION BASICS

Multiple Choice

1. The science of food and how the body uses it in health and disease is called
- the dietary guidelines.
 - the food guide pyramid.
 - nutrition.
 - sensible eating.

Answer: c

Page(s): 47

Learning Objective: Define nutrition

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

2. One-hundred years ago, most Americans did all of the following EXCEPT
- take grains to a central stone mill
 - shop at grocery stores regularly
 - grew vegetable gardens
 - ate minimally processed foods

Answer: b

Page(s): 47

Learning Objective: Nutrition Basics

Topic Area: Translating Knowledge into Actions

Bloom's Taxonomy: Comprehension

3. What constituent of food forms the bulk of what we eat every day?
- proteins
 - fiber
 - macronutrients
 - micronutrients

Answer: c

Page(s): 48

Learning Objective: Identify the macronutrients

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

4. Fats, proteins, and water are all considered
- macronutrients.
 - micronutrients.
 - minor nutrients.
 - major nutrients.

Answer: a
Page(s): 48
Learning Objective: Identify the macronutrients
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge

5. What are the nutrients that are required only in small amounts?
- a. macronutrients
 - b. proteins
 - c. micronutrients
 - d. fiber

Answer: c
Page(s): 48
Learning Objective: Identify the micronutrients
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge

6. Vitamins and minerals are considered
- a. macronutrients.
 - b. micronutrients.
 - c. minor nutrients.
 - d. major nutrients.

Answer: b
Page(s): 48
Learning Objective: Identify the micronutrients
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge

7. What is the standard unit of energy used in the United States to describe human energy intake and expenditure?
- a. calorie
 - b. kilojoule
 - c. micromilligram
 - d. kilogram

Answer: a
Page(s): 48
Learning Objective: Define calorie
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge

8. A gram of carbohydrate yields approximately _____ calories.
- a. 2
 - b. 4
 - c. 6
 - d. 8

Answer: b

Page(s): 49

Learning Objective: Recall the functions and energy value of carbohydrates

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

9. What is the main function of carbohydrates?

- a. provide fuel for the cells
- b. regulate body processes
- c. maintain body temperature
- d. build and repair cells

Answer: a

Page(s): 49

Learning Objective: Recall the functions and energy value of carbohydrates

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

10. The organic compounds that are divided into two types, simple and complex, are called

- a. proteins.
- b. calories.
- c. kilocalories.
- d. carbohydrates.

Answer: d

Page(s): 49

Learning Objective: Differentiate complex carbohydrates from simple carbohydrates

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

11. One of the following is an advantage that complex carbohydrates have over simple carbohydrates?

- a. They provide energy for a longer period.
- b. They are absorbed quickly by the body.
- c. They contain a high amount of calories.
- d. They are lower in fat.

Answer: a

Page(s): 49-50

Learning Objective: Differentiate complex carbohydrates from simple carbohydrates

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

12. Fiber is the indigestible part of _____ foods.

- a. organic
- b. inorganic
- c. plant-based

d. animal-based

Answer: c

Page(s): 50

Learning Objective: Define fiber

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

13. Which of the following is one of the best sources of soluble fiber?

a. whole grains

b. bran

c. vegetables

d. oats

Answer: d

Page(s): 50

Learning Objective: Differentiate soluble and insoluble fiber, identifying key food sources and nutritional benefits

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

14. What is the best way to increase your fiber intake?

a. Eat a variety of whole grains, vegetables, legumes, and fruits.

b. Consume at least three servings of low-fat milk products a day.

c. Make dietary supplements a part of your diet.

d. Decrease your intake of red meat.

Answer: a

Page(s): 50

Learning Objective: Recognize ways to increase fiber in the diet

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

15. Which of the following provides the most concentrated source of calories in a diet?

a. fats

b. carbohydrates

c. proteins

d. vitamins

Answer: a

Page(s): 50

Learning Objective: Define fat

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

16. What type of fat is generally found in meat and dairy products?

a. unsaturated fats

b. polyunsaturated fats

c. trans fats

d. saturated fats

Answer: d

Page(s): 51

Learning Objective: Identify sources of saturated fats

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

17. What are *trans* fats?

a. unsaturated fats that are partially hydrogenated

b. fats high in omega-3 fatty acids

c. fats that are neither saturated nor unsaturated

d. saturated fats converted into unsaturated fats

Answer: a

Page(s): 51-52

Learning Objective: Recognize the definition of *trans* fats

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

18. What are vegetable oils chemically converted to a solid form called?

a. polyunsaturated fats

b. unsaturated fats

c. *trans* fats

d. monosaturated fats

Answer: c

Page(s): 51

Learning Objective: Recognize the definition of *trans* fats

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

19. What substance exists in every cell in the body and is required for tissue growth and maintenance?

a. glycogen

b. protein

c. fat

d. glucose

Answer: b

Page(s): 51

Learning Objective: Define protein

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

20. Which nutrient provides the body with essential amino acids?

a. carbohydrates

b. protein

c. fats

d. vitamins

Answer: b
Page(s): 53
Learning Objective: Define protein
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge

21. What substances are found only in small quantities in food but play a variety of roles in regulating and maintaining bodily functions?

- a. vitamins and minerals
- b. sugars and starches
- c. fats and proteins
- d. carbohydrates and fiber

Answer: a

Page(s): 53

Learning Objective: Understand the role that vitamins and minerals play in the diet

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

22. Which of these is the substance found in certain vitamins that helps protect the body cells from damage?

- a. micronutrients
- b. antioxidants
- c. macronutrients
- d. free radicals

Answer: b

Page(s): 54

Learning Objective: Understand the purpose of antioxidants and their role in the body.

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

23. What is the most essential nutrient?

- a. protein
- b. fiber
- c. water
- d. fat

Answer: c

Page(s): 54

Learning Objective: Understand the importance of water in the diet

Topic Area: Nutrition Basics

Bloom's Taxonomy: Knowledge

True/False

1. A nutrient is a substance found in food that the body uses to grow, maintain, and repair itself.
Answer: True
Page(s): 47
Learning Objective: Define nutrient
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge
2. The way we eat has changed over the last century in part because of refrigeration and modern appliances.
Answer: True
Page(s): 47
Learning Objective: Nutrition Basics
Topic Area: Translating Knowledge into Action
Bloom's Taxonomy: Comprehension
3. Nutrition is about understanding why we like the foods we do.
Answer: False.
Page(s): 47
Learning Objective: Define nutrition
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge
4. The six nutrient classes are carbohydrates, fats, protein, vitamins, minerals, and calories.
Answer: False.
Page(s): 48
Learning Objective: Recall the six nutrient classes
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge
5. Proteins are complex inorganic compounds made up of amino acids.
Answer: False.
Page(s): 51
Learning Objective: Define protein
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge
6. One measure for checking hydration is to weigh yourself every day to ensure that you have consumed enough fluids to restore water weight.
Answer: True
Page(s): 55
Learning Objective: Distinguish the various indicators of dehydration as they may present to individuals
Topic Area: Nutrition Basics
Bloom's Taxonomy: Knowledge

RECOMMENDATIONS FOR HEALTHY EATING

Multiple Choice

1. Which of these agencies or organizations is primarily responsible for providing nutrition information and advice to Americans?
- a. World Health Organization
 - b. U.S. Food and Drug Administration
 - c. U.S. Department of Health and Human Services
 - d. U.S. Department of Agriculture

Answer: d

Page(s): 56

Learning Objective: Understand the government's contribution to educating society in regard to nutritional standards

Topic Area: Recommendations for Healthy Eating

Bloom's Taxonomy: Comprehension

2. The *Dietary Guidelines for Americans* are based on the best possible _____ knowledge of diet and exercise.
- a. local
 - b. scientific
 - c. anecdotal
 - d. public

Answer: b

Page(s): 57

Learning Objective: Explain the *Dietary Guidelines for Americans*

Topic Area: Recommendations for Healthy Eating

Bloom's Taxonomy: Knowledge

3. What are the *Dietary Guidelines for Americans* designed to help people do?
- a. choose diets that meet nutrient requirements
 - b. lose weight
 - c. reduce physical activity
 - d. promote chronic disease

Answer: a

Page(s): 57

Learning Objective: Explain the purpose of the *Dietary Guidelines for Americans*

Topic Area: Recommendations for Healthy Eating

Bloom's Taxonomy: Comprehension

4. Which one of the following is a 2010 *Dietary Guidelines* recommendation regarding carbohydrate intake?
- a. Consume three cups per day of fat-free or low-fat milk.
 - b. Consume at least half of all grains as whole grains
 - c. Reduce the incidence of dental cavities by consuming foods rich in starch.

d. Prepare foods with little salt.

Answer: b

Page(s): 60

Learning Objective: Understand key recommendations regarding carbohydrates

Topic Area: Recommendations for Healthy Eating

Bloom's Taxonomy: Knowledge

5. In an effort to make it easier for people to make better food choices, the USDA recently developed

a. the food guide pyramid.

b. ChooseMyPlate

c. the Food Guidance System Education Framework.

d. the USDA Nutritional Guidelines.

Answer: b

Page(s): 60

Learning Objective: Understand the ChooseMyPlate guide

Topic Area: Recommendations for Healthy Eating

Bloom's Taxonomy: Knowledge

6. Selected messages on the ChooseMyPlate website include all EXCEPT

a. avoid oversized portions.

b. consume fat free or low fat milk.

c. choose lower sodium foods.

d. drink sugary drinks instead of water.

Answer: d

Page(s): 60

Learning Objective: Nutrition Basics

Topic Area: Translating Knowledge into Action

Bloom's Taxonomy: Comprehension

7. When was the food guidance system ChooseMyPlate launched?

a. 1975

b. 1985

c. 1995

d. 2011

Answer: d

Page(s): 60

Learning Objective: Understand the ChooseMyPlate guide

Topic Area: Recommendations for Healthy Eating

Bloom's Taxonomy: Knowledge

8. Food poisoning is caused by consuming which of the following?

a. too many fats

b. too many sweets

c. contaminated foods or beverages

d. foods that have been cooked too long

Answer: c
Page(s): 67
Learning Objective: Define foodborne illness or disease
Topic Area: Recommendations for Healthy Eating
Bloom's Taxonomy: Knowledge

9. To kill microorganisms, cook ground beef to an internal temperature of _____ degrees Fahrenheit.
- a. 145
 - b. 150
 - c. 160
 - d. 180

Answer: c
Page(s): 68
Learning Objective: Identify ways to prevent foodborne illnesses in the home
Topic Area: Recommendations for Healthy Eating
Bloom's Taxonomy: Knowledge

True/False

1. The *Dietary Guidelines for Americans* provide information on calorie balance, weight management, physical activity, and general nutrition.

Answer: True
Page(s): 58-59
Learning Objective: Explain the *Dietary Guidelines for Americans*
Topic Area: Recommendations for Healthy Eating
Bloom's Taxonomy: Knowledge

2. Due to the wide range of food preferences and choices, learning to eat healthier and maintain good eating habits has become easier over the years.

Answer: False
Page(s): 60
Learning Objective: Recall the purpose of MyPyramid Tracker
Topic Area: Recommendations for Healthy Eating
Bloom's Taxonomy: Knowledge

3. The "Nutrition Facts" panel on food labels is specially designed for each individual product so that consumers can easily understand key information.

Answer: False
Page(s): 64
Learning Objective: Analyze and understand food labels to determine nutritional differences
Topic Area: Recommendations for Healthy Eating
Bloom's Taxonomy: Knowledge

4. Steroids are substances added to the diet that contain primarily vitamins, minerals, and botanicals.
Answer: False
Page(s): 68-69
Learning Objective: Understand the relationship between dietary supplements and health
Topic Area: Recommendations for Healthy Eating
Bloom's Taxonomy: Knowledge

WEIGHT CONTROL

Multiple Choice

1. The CDC reports that obesity rates doubled among American adults during what time period?
a. 1960 through 1970
b. 1970 through 1990
c. 1980 through 1990
d. 1980 through 2010
Answer: d
Page(s): 70
Learning Objective: Recognize the obesity problem in the United States
Topic Area: Weight Control
Bloom's Taxonomy: Knowledge
2. The obesity problem in America can be understood as a result of all of the following lifestyle changes EXCEPT
a. less convenient access to food.
b. less physical activity.
c. more food choices.
d. larger portions.
Answer: a
Page(s): 71
Learning Objective: Recognize the obesity problem in the United States
Topic Area: Weight Control
Bloom's Taxonomy: Knowledge
3. The key to understanding weight control is
a. the USDA guidelines.
b. MyPyramid.
c. energy intake versus energy expenditure.
d. nutrition basics.
Answer: c
Page(s): 71
Learning Objective: Define energy balance
Topic Area: Weight Control

Bloom's Taxonomy: Knowledge

4. A healthy weight refers to a body weight
- at which you look the way you want to.
 - at which you can physically function at a high level.
 - that allows you to get into clothes you wore in high school.
 - that encourages you to eat nutritious foods.

Answer: b

Page(s): 71

Learning Objective: Define healthy weight

Topic Area: Weight Control

Bloom's Taxonomy: Knowledge

5. What is the approximate BMI range for healthy weight?
- 8.5–15
 - 15.5–20
 - 18.5–25
 - 25.5–30

Answer: c

Page(s): 72

Learning Objective: Define body mass index (BMI)

Topic Area: Weight Control

Bloom's Taxonomy: Knowledge

6. Common field methods for determining body composition include all of the following EXCEPT
- skinfolds.
 - circumferences.
 - bioelectric impedance.
 - weighing on a scale.

Answer: d

Page(s): 76

Learning Objective: Differentiate the categories and methods of body composition measurements

Topic Area: Weight Control

Bloom's Taxonomy: Knowledge

7. In relation to fat distribution, research has shown that _____ fat may be more dangerous for long-term health than other fat locations.
- abdominal
 - hip
 - buttocks
 - evenly distributed

Answer: a

Page(s): 76

Learning Objective: Identify the health risk related to body fat distribution.

Topic Area: Weight Control
Bloom's Taxonomy: Knowledge

8. More than _____% of people with eating disorders are female.
- a. 75
 - b. 80
 - c. 85
 - d. 90

Answer: d

Page(s): 80

Learning Objective: Understand the impact that eating disorders have had on the female American population

Topic Area: Weight Control

Bloom's Taxonomy: Knowledge

9. Which is the most widespread eating disorder?
- a. anorexia
 - b. night eating syndrome
 - c. bulimia
 - d. ketosis

Answer: c

Page(s): 81

Learning Objective: Differentiate anorexia from bulimia

Topic Area: Recommendations for Healthy Eating

Bloom's Taxonomy: Knowledge

10. The condition in which energy intake is consistently higher than energy expenditure is known as _____ energy balance.
- a. negative
 - b. positive
 - c. lost
 - d. greater

Answer: b

Page(s): 82

Learning Objective: Understand the difference between positive energy balance and negative energy balance

Topic Area: Recommendations for Healthy Eating

Bloom's Taxonomy: Knowledge

11. People who consume 500 calories a day less than they expend should lose how many pounds per week?
- a. 1
 - b. 2
 - c. 3
 - d. 4

Answer: a

Page(s): 83

Learning Objective: Calculate weight loss or gain based on positive and negative energy balances over time.

Topic Area: Translating Knowledge into Action

Bloom's Taxonomy: Application

True/False

1. The body mass index is a measure of the percentage of body fat.
Answer: False.
Page(s): 72
Learning Objective: Define body mass index (BMI)
Topic Area: Weight Control
Bloom's Taxonomy: Knowledge
2. Our basic body shape is greatly influenced by both gender and the foods we are fed as infants.
Answer: False
Page(s): 72
Learning Objective: Recall the factors that influence body characteristics
Topic Area: Weight Control
Bloom's Taxonomy: Knowledge
3. For a person with a BMI above 20, the chances of dying early increase.
Answer: False
Page(s): 72
Learning Objective: Understand the relationship between increased BMI and death
Topic Area: Weight Control
Bloom's Taxonomy: Knowledge
4. Body composition is the categorizing of body weight into fat and lean components.
Answer: True
Page(s): 74
Learning Objective: Define body composition
Topic Area: Weight Control
Bloom's Taxonomy: Knowledge
5. Hydrostatic weighing involves submersion in water to determine the amount of body fat.
Answer: True
Page(s): 76
Learning Objective: Differentiate the categories and methods of body composition measurements
Topic Area: Weight Control

Bloom's Taxonomy: Knowledge

6. In relation to body fat distribution, researchers have shown that abdominal fat may be less dangerous for long-term health than fat in other locations.

Answer: False

Page(s): 76

Learning Objective: Identify the health risk related to body fat distribution

Topic Area: Weight Control

Bloom's Taxonomy: Knowledge

Short Essay

1. Explain obesity and identify several reasons for it.

Answer: Obesity is the consequence of a chronic energy imbalance in which the body stores excess energy in the form of adipose tissue. When people consistently eat more calories than they expend, body fat storage increases. Genetics also plays a role in the likelihood of developing obesity. Children of obese parents have a greater chance of becoming obese themselves than do children of parents who are not obese. Reasons for obesity include easy access to fast food, sedentary lifestyle, technology, and lack of education.

Page(s): 71, 78

Learning Objective: Recognize the obesity problem in the United States

Topic Area: Weight Control

Bloom's Taxonomy: Comprehension

2. Explain the two most common types of eating disorders.

Answer: The two most common eating disorders are anorexia and bulimia. Those with anorexia are noticeably underweight and fail to maintain a normal weight. Anorexics display a fear of weight gain and are in denial about the fact that they are underweight. Bulimics typically have a normal weight or an above-normal weight. Bulimic patients exhibit recurring episodes of binge eating followed by purging behavior.

Page(s): 81

Learning Objective: Define eating disorders

Topic Area: Weight Control

Bloom's Taxonomy: Comprehension

TRANSLATING KNOWLEDGE INTO ACTION

Multiple Choice

1. In order to eat well, we need to
- read books on healthy living.
 - improve the everyday choices we make about food.
 - begin a weight-loss program.
 - gather more nutritional knowledge.

Answer: b

Page(s): 84

Learning Objective: Recall the necessary steps to healthy eating

Topic Area: Translating Knowledge into Action

Bloom's Taxonomy: Knowledge

2. If we wish to change a behavior, the likelihood of success is much better if we
- listen to our peers.
 - go on a diet.
 - take the time to develop a plan.
 - read books about it.

Answer: c

Page(s): 85

Learning Objective: Recall the strategies for behavior change developed by the Mayo Clinic

Topic Area: Translating Knowledge into Action

Bloom's Taxonomy: Knowledge

3. The National Weight Control Registry estimates that _____% or more of overweight people have been able to achieve weight-loss success.
- 10
 - 20
 - 30
 - 35

Answer: b

Page(s): 85

Learning Objective: Understand the purpose of the National Weight Control Registry

Topic Area: Translating Knowledge into Action

Bloom's Taxonomy: Knowledge

4. Successful long-term maintenance of weight loss is defined as losing at least _____% of your body weight and keeping it off for at least a year.
- 10
 - 12
 - 15
 - 20

Answer: a

Page(s): 85

Learning Objective: Understand the purpose of the National Weight Control Registry

Topic Area: Translating Knowledge into Action

Bloom's Taxonomy: Knowledge

True/False

1. Awareness and the desire to improve are the two most important factors in changing eating habits.
Answer: False
Page(s): 85
Learning Objective: Recall the basics of behavior change
Topic Area: Translating Knowledge into Action
Bloom's Taxonomy: Knowledge
2. Nutrition is about understanding what types of food and how much of it people need and reconciling that with their eating habits.
Answer: True
Page(s): 87
Learning Objective: Recall the meaning of nutrition
Topic Area: Translating Knowledge into Action
Bloom's Taxonomy: Knowledge

Short Essay

1. Create a personalized plan involving healthy eating and weight management. List four questions you might ask yourself about your food and lifestyle choices to ensure that your plan meets the essential criteria for success.
Answer: The following criteria apply equally to those who are normal weight or underweight and those who plan to lose excess weight.
 1. Is it nutritionally balanced?
 2. Is the energy content appropriate?
 3. Is it based on everyday foods?
 4. Does it include regular exercise?Page(s): 86
Learning Objective: Explain the criteria that should be used when evaluating diets
Topic Area: Translating Knowledge into Action
Bloom's Taxonomy: Comprehension