

chapter 1

⚠ This is a preview of the draft version of the quiz

Quiz Type	Graded Quiz
Points	81
Assignment Group	Assignments
Shuffle Answers	No
Time Limit	No Time Limit
Multiple Attempts	No
View Responses	Always
Show Correct Answers	Immediately
One Question at a Time	No

Due	For	Available from	Until
-	Everyone	-	-

Preview

Score for this quiz: 0 out of 81 *

Submitted Aug 26 at 10:26pm

This attempt took less than 1 minute.



Unanswered
Question 1
0 / 1 pts

Which of the following best describes nutrition?

Nutrition is the study of the digestion and metabolism of food.

Correct Answer

Nutrition is the science that studies food and how food nourishes our bodies and influences our health.

Nutrition is an ancient science that dates back to the fourteenth century.

Nutrition is the study of food.

Unanswered
Question 2
0 / 1 pts

Beriberi was identified in the 20th century as a deficiency of which vitamin?

- niacin
- thiamin
- vitamin C
- biotin

Correct Answer

Unanswered

Question 3

0 / 1 pts

Which best defines chronic disease?

- a disease that comes on slowly and can persist for years
- a condition that has a rapid onset and is easily cured
- a disease caused by a microorganism
- a disease of aging

Correct Answer

Unanswered

Question 4

0 / 1 pts

Nutrition researchers are interested in chronic diseases that include all the following except

- various types of cancers.
- obesity.
- respiratory disease.
- cardiovascular disease.

Correct Answer

Unanswered

Question 5

0 / 1 pts

Today, wellness is defined as

- the absence of disease.
- achieving and maintaining physical health.
- a multidimensional process including physical, emotional, and spiritual health.
- an end point goal that exists along a continuum of health.

Correct Answer



Unanswered

Question 6

0 / 1 pts

Three nutrition-related diseases that are among the top ten causes of death in the U.S. are heart disease, stroke and

osteoporosis.

kidney disease.

Correct Answer

diabetes.

pneumonia.

Unanswered

Question 7

0 / 1 pts

The health promotion and disease prevention plan for the U.S. is called

the Dietary Reference Intakes (DRIs).

the U.S. Department of Agriculture (USDA).

Correct Answer

Healthy People 2020.

the Behavioral Risk Factor Surveillance System.

Unanswered

Question 8

0 / 1 pts

To achieve health equity, eliminate disparities, and improve the health of all population groups is a stated goal of

the National Cancer Institute.

the Dietary Reference Intakes.

Correct Answer

Healthy People 2020.

the *Journal of the Academy of Nutrition and Dietetics*.

Unanswered

Question 9

0 / 1 pts

More than one-third of all American adults are obese. This statistic provides data about what kind of information?

incidence

Correct Answer

prevalence

association



validity

Unanswered

Question 10

0 / 1 pts

How often is *Healthy People 2020* revised?

every year

when it is necessary

every 20 years

Correct Answer

every decade

Unanswered

Question 11

0 / 1 pts

Which class of nutrients provides the primary source of energy for our bodies?

Correct Answer

carbohydrates

vitamins

minerals

water

Unanswered

Question 12

0 / 1 pts

Which element makes protein different from carbohydrate and fat?

carbon

hydrogen

Correct Answer

nitrogen

oxygen

Unanswered

Question 13

0 / 1 pts

Which of the following is classified as a micronutrient?

carbohydrates

Correct Answer

vitamins

lipids

alcohol

Unanswered

Question 14

0 / 1 pts

Which of the following are examples of inorganic nutrients?

vitamins

lipids

carbohydrates

Correct Answer

minerals

Unanswered

Question 15

0 / 1 pts

Which of the following nutrients is organic?

minerals

water

Correct Answer

protein

iron

Unanswered

Question 16

0 / 1 pts

Kelly consumed a breakfast that contained 85 grams of carbohydrate, 20 grams of protein, and 18 grams of fat. How many kilocalories (kcal) did Kelly eat at breakfast?

492

Correct Answer

582

917

1,107

Unanswered

Question 17

0 / 1 pts

For dinner, Marcus consumes 255 grams of carbohydrate, 70 grams of protein, and 50 grams of fat. In addition, Marcus decides that he wants a glass of wine with his meal. If he drinks one glass of wine containing 8 grams of alcohol, how many total kilocalories (kcal) does he consume in this meal?

- 56
- 540
- 1,675
- 1,806

Correct Answer

Unanswered

Question 18

0 / 1 pts

Christopher's lunch contains 121 grams of carbohydrate, 40 grams of protein, and 25 grams of fat. What percent of kilocalories (kcal) in this meal come from fat?

- 19 percent
- 26 percent
- 34 percent
- 42 percent

Correct Answer

Unanswered

Question 19

0 / 1 pts

A meal contains 300 kilocalories from carbohydrates with a total kilocalorie of 561 in the meal. How many grams of carbohydrates is in the meal?

- 140 grams
- 75 grams
- 62 grams
- 33 grams

Correct Answer

Unanswered

Question 20

0 / 1 pts

Which of the following are examples of carbohydrate-rich foods?

- butter and corn oil
- beef and pork
- wheat and lentils
- bacon and eggs

Correct Answer



Unanswered

Question 21

0 / 1 pts

Which of the following is NOT classified as a lipid?

triglyceride

sterol

Correct Answer

glycine

phospholipid

Unanswered

Question 22

0 / 1 pts

Which of the following nutrients contains the element nitrogen?

carbohydrates

lipids

water

Correct Answer

proteins

Unanswered

Question 23

0 / 1 pts

Which of the following nutrients yields the most energy per gram?

carbohydrate

Correct Answer

lipid

protein

vitamin

Unanswered

Question 24

0 / 1 pts



What are minerals?

- micronutrients that are broken down easily during digestion
- micronutrients that are easily destroyed by heat and light
- micronutrients that are inorganic elements found in a variety of foods
- macronutrients that do not yield energy

Correct Answer

Unanswered

Question 25

0 / 1 pts

Alcohol is not considered a _____ because it does not support the regulation of body functions or tissue repair or rebuilding.

- kilocalorie
- carbohydrate
- nutrient
- wellness factor

Correct Answer

Unanswered

Question 26

0 / 1 pts

The building blocks of proteins are called

- fatty acids.
- amino acids.
- saccharides.
- nitrogen fragments.

Correct Answer

Unanswered

Question 27

0 / 1 pts

Which of the following statements is false?

- Lipids are soluble in water.
- Lipids include triglycerides, phospholipids, and sterols.
- Lipids are comprised of carbon, hydrogen, and oxygen.
- Lipids yield more Calories per gram than carbohydrate or protein.

Correct Answer



Unanswered

Question 28

0 / 1 pts

Which of the following is an example of an organic micronutrient?

Correct Answer

folate

calcium

fat

iron

Unanswered

Question 29

0 / 1 pts

Vitamin C and the B-vitamins are examples of

nonessential vitamins.

Correct Answer

water-soluble vitamins.

fat-soluble vitamins.

trace vitamins.

Unanswered

Question 30

0 / 1 pts

Which of the following are inorganic nutrients that are NOT broken down by the human body or destroyed by heat?

vitamins

Correct Answer

minerals

proteins

fats

Unanswered

Question 31

0 / 1 pts

Which of the following is NOT a macronutrient?

carbohydrates

lipids

Correct Answer

vitamins



proteins

Unanswered

Question 32

0 / 1 pts

Which of the following is true about vitamins A, D, E, and K?

- They are excreted in the urine.
- They can all be synthesized by the body.
- They are unlikely to build up to toxic levels in the body, even when taken as supplements.

Correct Answer

They are soluble in fat.

Unanswered

Question 33

0 / 1 pts

The primary source of fuel for the nervous system is

- protein.
- carbohydrate.
- fat.
- cholesterol.

Correct Answer

carbohydrate.

Unanswered

Question 34

0 / 1 pts

Which of the following is the only inorganic macronutrient?

- carbohydrates
- lipids
- proteins

Correct Answer

water

Unanswered

Question 35

0 / 1 pts

In proteins, carbon, hydrogen, oxygen, and nitrogen assemble into small building blocks known as

- grams.
- enzymes.

lipoproteins.

Correct Answer

amino acids.

Unanswered

Question 36

0 / 1 pts

The water-soluble vitamins include the family of B-vitamins and vitamin

K.

Correct Answer

C.

D.

A.

Unanswered

Question 37

0 / 1 pts

Which of the following nutrients is classified as a major mineral?

Correct Answer

calcium

iron

iodine

copper

Unanswered

Question 38

0 / 1 pts

The measurement unit for the energy derived from food is called a(n)

Correct Answer

kilocalorie.

enzyme.

protein.

gram.

Unanswered

Question 39

0 / 1 pts

The Recommended Dietary Allowances (RDAs) were originally adopted to prevent

Correct Answer

nutrient-deficiency diseases.

- chronic diseases.
- acute illnesses.
- contagious diseases.

Unanswered

Question 40

0 / 1 pts

Which of the following statements about the Dietary Reference Intakes is false?

Correct Answer

- The Dietary Reference Intakes are dietary standards for everybody in a population.
- The Dietary Reference Intakes do not apply to people with diseases.
- The Dietary Reference Intakes identify the amount of a nutrient needed to prevent deficiency diseases in healthy individuals.
- The Dietary Reference Intakes help to prevent and reduce the risk of chronic disease and promote optimal health.

Unanswered

Question 41

0 / 1 pts

Trace minerals are those needed in amounts less than _____ mg per day.

Correct Answer

- 100
- 50
- 200
- 90

Unanswered

Question 42

0 / 1 pts

The AMDR for carbohydrate is between

- 15 and 25 percent of total energy intake.
- 30 and 50 percent of total energy intake.
- 45 and 65 percent of total energy intake.
- 60 and 80 percent of total energy intake.

Correct Answer

Unanswered

Question 43

0 / 1 pts

The standard used to estimate the daily nutrient needs of half of all healthy individuals is the

Correct Answer

- EAR.
- AI.
- RDA.
- UL.

Unanswered

Question 44

0 / 1 pts

An RDA is established based on the

Correct Answer

- DRI.
- EAR.
- UL.
- AI.

Unanswered

Question 45

0 / 1 pts

The Dietary Reference Intakes (DRIs) were established to refocus nutrient recommendations toward preventing and reducing the risk for

Correct Answer

- nutrient deficiencies.
- infectious diseases.
- poverty.
- chronic diseases.

Unanswered

Question 46

0 / 1 pts

The average daily nutrient intake level that meets the nutrient requirements of 97 to 98 percent of healthy individuals is the

Correct Answer

- EAR.
- RDA.
- UL.
- AI.

Unanswered

Question 47

0 / 1 pts

The AMDR for fat is

Correct Answer

- 20-35 percent.
- less than 10 percent.
- 10-35 percent.
- 45-65 percent.

Unanswered

Question 48

0 / 1 pts

The AMDR for protein is

Correct Answer

- 20-35 percent.
- less than 10 percent.
- 10-35 percent.
- 45-65 percent.

Unanswered

Question 49

0 / 1 pts

What is a key limitation of most dietary assessment tools?

Correct Answer

- They provide limited information on current nutrient intakes.
- They are easy to administer.
- Some foods cannot be assessed.
- They rely on a person's ability to self-report.

Unanswered

Question 50

0 / 1 pts



Which of the following is not one of the four steps of the Nutrition Care Process?

Correct Answer

- nutrition-focused medical test
- nutritional-status assessment
- nutrition intervention
- nutrition monitoring and evaluation

Unanswered

Question 51

0 / 1 pts

Before Denise was sent home from the diabetes clinic with a dietary assessment tool, staff trained her how to use it and gave her explicit take-home instructions. What kind of tool was Denise probably given?

- a diet history
- a 24-hour recall
- a food-frequency questionnaire

Correct Answer

- a diet record

Unanswered

Question 52

0 / 1 pts

Which of the following is used to determine a person's typical dietary pattern over a predefined period of time?

- diet history
- 24-hour recall

Correct Answer

- food-frequency questionnaire
- diet record

Unanswered

Question 53

0 / 1 pts

Josie maintains a normal body weight, but a blood test reveals both vitamin D deficiency and iron deficiency anemia. Josie's nutritional status is

Correct Answer

- both malnutrition and undernutrition.
- both malnutrition and overnutrition.
- overnutrition only.
- secondary deficiency.

Unanswered

Question 54

0 / 1 pts

In malnutrition, a primary deficiency is one in which a person

Correct Answer

- does not have an adequate intake of a nutrient.
- cannot absorb enough of a nutrient.
- excretes too much of a nutrient.
- cannot efficiently utilize a nutrient.

Unanswered

Question 55

0 / 1 pts

Which of the following is NOT considered to be a true anthropometric test factor?

Correct Answer

- height
- body composition
- weight
- waist circumference

Unanswered

Question 56

0 / 1 pts

Which of the following refers to a nutritional status in which a person consumes too much energy or too much of a given nutrient over time?

Correct Answer

- hypernutrition
- nutrient toxicity
- undernutrition
- overnutrition

Unanswered

Question 57

0 / 1 pts

The second step of the scientific method is

- observation and description of a phenomenon.
- testing a research question or hypothesis.

Correct Answer

- generating a hypothesis.
- collecting data.

Unanswered

Question 58

0 / 1 pts

Which of the following is NOT a key element of a well-designed experiment?

- Sample size should be adequate.

Correct Answer

- Have a proposed theory.
- Have a control group.
- Control for factors that may coincidentally influence the result.

Unanswered

Question 59

0 / 1 pts

A scientific consensus as to why a particular phenomenon occurs is a(n)

- alternate hypothesis.
- experiment.
- hypothesis.

Correct Answer

- theory.

Unanswered

Question 60

0 / 1 pts

The type of study that is used in assessing nutritional habits, disease trends, and other health phenomena of large populations, and in determining factors that influence those phenomena, is called a(n)

- case-controlled study.
- clinical trial.

Correct Answer

- observational study.
- animal study.

Unanswered

Question 61

0 / 1 pts

Dr. Sullivan is conducting a clinical trial to determine if vitamin XX can improve test performance of students in an introductory college nutrition course. Dr. Sullivan puts all the students' names in a hat and draws names to determine if they will be placed in the control or the experimental group. The experimental

group receives a capsule of vitamin XX and the control group a "sugar pill" that tastes and looks identical to the vitamin XX capsule. Neither Dr. Sullivan nor the participants know who is receiving which treatment. This experiment is best described as

- single-blind, randomized.
- double-blind, placebo controlled.
- single-blind, randomized, placebo controlled.
- double-blind, randomized, placebo controlled.

Correct Answer

Unanswered

Question 62

0 / 1 pts

Which of the following terms describes a scientific consensus as to why a particular phenomenon occurs?

- a study
- a theory
- a placebo
- a hypothesis

Correct Answer

Unanswered

Question 63

0 / 1 pts

In the scientific method, the possible explanation or research question is called the

- theory.
- conclusion.
- observation.
- hypothesis.

Correct Answer

Unanswered

Question 64

0 / 1 pts

Seth took part in a clinical trial in which he was given a month's supply of medication to treat his headaches. At the end of the month, he reported to his doctor that the pills had reduced both the frequency and intensity of his pain. Unknown to Seth or to his doctor was the fact that Seth had been given pills with no active ingredient. The phenomenon of improved symptoms that Seth experienced is commonly known as the

- bias toward improvement.
- placebo effect.
- study participant bias.

Correct Answer



experimental result.

Unanswered

Question 65

0 / 1 pts

One of the most important points to consider when assessing the reliability of a media report is the issue of

Correct Answer

conflict of interest.

availability.

the journalist's education.

how widely it is quoted.

Unanswered

Question 66

0 / 1 pts

Any factor that might prejudice or influence a researcher to favor certain results is referred to as

conflict of interest.

Correct Answer

bias.

an opinion.

unfair advantage.

Unanswered

Question 67

0 / 1 pts

A respected medical researcher reviewed the results of three clinical trials provided by Drug Maker X to the FDA to support their claim that their medication had proven clinical effectiveness in improving symptoms of depression. The review found that the drug maker had failed to report findings that their medication was not effective, and faulted the drug maker for

conflict of interest.

carelessness.

Correct Answer

lack of transparency.

fraud.

Unanswered

Question 68

0 / 1 pts

Which of the following is not one of the tips to assist you in separating Internet fact from fiction?

Look at the credentials of the people sponsoring and providing information.

Look at the web address.

Look at the date of the website.

Correct Answer

Look at the references.

Unanswered

Question 69

0 / 1 pts

Your friend would like some professional advice on a weight loss program. Which of the following professionals would be the best source of nutrition advice?

Correct Answer

registered dietitian (RD)

PhD in nutrition

medical doctor (MD)

nutritionist

Unanswered

Question 70

0 / 1 pts

Which federal agency conducts the Behavioral Risk Factor Surveillance System (BRFSS)?

USDA (United States Department of Agriculture)

Correct Answer

CDC (Centers for Disease Control and Prevention)

Academy of Nutrition and Dietetics

NIH (National Institutes of Health)

Unanswered

Question 71

0 / 1 pts

What percentage of deaths in the United States can be attributed to unhealthy lifestyle behaviors such as smoking, alcohol misuse, physical inactivity, and a poor-quality diet?

10 to 20 percent

25 to 35 percent

40 to 50 percent

Correct Answer

50 to 60 percent



Unanswered

Question 72

0 / 1 pts

Which of the following is the largest organization of food and nutrition professionals in the United States and the world?

- NIH (National Institutes of Health)
- Academy of Nutrition and Dietetics
- CDC (Centers for Disease Control and Prevention)
- SNE (Society for Nutrition Education)

Correct Answer

Unanswered

Question 73

0 / 1 pts

Which of the following is considered to be the leading federal agency that protects human health and safety?

- Centers for Disease Control and Prevention (CDC)
- Academy of Nutrition and Dietetics
- National Health and Nutrition Examination Survey (NHANES)
- National Institutes of Health (NIH)

Correct Answer

Unanswered

Question 74

Not yet graded / 1 pts

Compare and contrast the earliest nutritional discoveries to current trends in nutrition research and health promotion. What are some key reasons why the focus has shifted?

Your Answer:

Unanswered

Question 75

Not yet graded / 1 pts

Describe the various ways in which wellness is defined. Discuss how nutrition is related to wellness and overall health.

Your Answer:

Unanswered

Question 76

Not yet graded / 1 pts

What is the significance and what are the goals of the *Healthy People 2020* initiative? Describe how the role of nutrition is underscored in them.

Your Answer:

Unanswered

Question 77

Not yet graded / 1 pts

The Dietary Reference Intakes (DRIs) for most nutrients consist of three of the following four values: Estimated Average Requirement (EAR), Recommended Dietary Allowances (RDA), Adequate Intake (AI), and Tolerable Upper Intake Level (UL). Explain what each of these values represents.

Your Answer:

Unanswered

Question 78

Not yet graded / 1 pts

Compare and contrast the four primary types of dietary intake tools. What are the respective strengths and limitations of the different tools?

Your Answer:

Unanswered

Question 79

Not yet graded / 1 pts

List and describe the characteristics of a well-designed clinical trial.

Your Answer:

Unanswered

Question 80

Not yet graded / 1 pts

Describe the various approaches consumers can use to evaluate the truth and reliability of media reports and other sources of nutritional information.

Your Answer:

Unanswered

Question 81

Not yet graded / 1 pts

List at least four sources of reliable and accurate nutrition information and state why they are trustworthy.

Your Answer: