

Schlenker & Long: Williams' Essentials of Nutrition and Diet Therapy, 10th Edition

Chapter 01: Nutrition and Health

Test Bank

MULTIPLE CHOICE

1. The major focus of nutritional recommendations in this century has shifted to:

1. prevention and control of chronic diseases.
2. improved sanitation and public health.
3. prevention and control of infectious diseases.
4. development of healthful foods using food technology.

ANS: 1 PTS: 1 DIF: Easy REF: p. 10
MSC: Type of Question: Knowledge

2. A physical science that contributes to understanding how nutrition relates to health and well-being is:

1. anatomy.
2. biochemistry.
3. physics.
4. pharmacology.

ANS: 2 PTS: 1 DIF: Easy REF: p. 6
MSC: Type of Question: Knowledge

3. The body of scientific knowledge related to nutritional requirements of human growth, maintenance, activity, and reproduction is known as:

1. physiology.
2. nutrition science.
3. biochemistry.
4. dietetics.

ANS: 2 PTS: 1 DIF: Easy REF: p. 7
MSC: Type of Question: Knowledge

4. The professional primarily responsible for application of nutrition science in clinical practice settings is the:

1. nurse.
2. physician.
3. public health nutritionist.
4. registered dietitian.

ANS: 4 PTS: 1 DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

5. The primary responsibility for nutrition care of people in the community belongs to the:
1. community physician.
 2. public health nurse.
 3. public health nutritionist.
 4. registered dietitian.

ANS: 3 PTS: 1 DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

6. The best source of nutrients is provided by:
1. specific food combinations.
 2. a variety of foods.
 3. individual foods.
 4. a variety of food supplements.

ANS: 2 PTS: 1 DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

7. Macronutrients include:
1. minerals.
 2. proteins.
 3. vitamins.
 4. enzymes.

ANS: 2 PTS: 1 DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

8. Micronutrients include:
1. fats.
 2. proteins.
 3. vitamins.
 4. carbohydrates.

ANS: 3 PTS: 1 DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

9. The sum of all chemical processes inside living cells of the body that sustain life and health is known as:
1. physiology.
 2. digestion.
 3. metabolism.
 4. nutrition.

ANS: 3 PTS: 1 DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

10. A primary function of macronutrients in the body is to:

1. supply energy.
2. regulate metabolic processes.
3. maintain homeostasis.
4. control cellular activity.

ANS: 1 PTS: 1 DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

11. Nutrients interact in the body to regulate metabolic processes, to build and repair tissue, and to:

1. provide energy.
2. control cellular wastes.
3. control internal temperature.
4. monitor cardiac function.

ANS: 1 PTS: 1 DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

12. Individual nutrients are characterized by their ability to:

1. work alone.
2. fulfill specific metabolic roles.
3. influence weight loss.
4. improve mental status.

ANS: 2 PTS: 1 DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

13. The nutrient group that provides the primary source of energy for the body is:

1. carbohydrates.
2. fats.
3. proteins.
4. vitamins.

ANS: 1 PTS: 1 DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

14. The primary function of carbohydrates as a food source is to:

1. regulate metabolic processes.
2. build body tissue.
3. supply energy.
4. provide bulk.

ANS: 3 PTS: 1 DIF: Easy REF: p. 7

MSC: Type of Question: Knowledge

15. The main body storage form of carbohydrates is:

1. glycogen.
2. starch.
3. fat.
4. glucose.

ANS: 1 PTS: 1 DIF: Medium REF: p. 7

MSC: Type of Question: Knowledge

16. The number of kilocalories (kcalories or kcal) provided by a food that contains 30 g of carbohydrate is:

1. 90.
2. 120.
3. 180.
4. 270.

ANS: 2

Carbohydrate contains 4 kcal per gram. Therefore 30 g carbohydrate contains $30 \times 4 = 120$ kcal.

PTS: 1 DIF: Medium

MSC: Type of Question: Application

17. The percentage of the total daily kcalories intake for healthy persons that should be supplied by carbohydrate is:

1. 10% to 35%.
2. 20% to 35%.
3. 40% to 55%.
4. 45% to 65%.

ANS: 4 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

18. It has been generally accepted that the percentage of total daily kcalories supplied by fats should be no more than:

1. 10% to 15%.
2. 10% to 35%.
3. 20% to 35%.
4. 40% to 55%.

ANS: 3 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

19. The number of kcalories provided by a food that contains 22 g of fat is:

1. 88.
2. 132.
3. 154.
4. 198.

ANS: 4

Fat contains 9 kcal per gram; therefore, the number of kcal in 22 g of fat is $22 \times 9 = 198$ kcal.

PTS: 1 DIF: Medium
MSC: Type of Question: Application

20. The primary function of protein in the body is to:

1. supply energy.
2. regulate metabolic processes.
3. control muscle contractions.
4. build tissue.

ANS: 4 PTS: 1 DIF: Easy
MSC: Type of Question: Knowledge

21. The number of kcalories provided by 15 g of protein is:

1. 30.
2. 45.
3. 60.
4. 75.

ANS: 3

Protein contains 4 kcal per gram. Therefore the number of kcal in 15 g protein is $15 \times 4 = 60$ kcal.

PTS: 1 DIF: Medium
MSC: Type of Question: Application

22. For a healthy person, the percentage of daily kcalories supplied by protein should be:

1. 5% to 10%.
2. 10% to 35%.
3. more than 25%.
4. more than 35%.

ANS: 2 PTS: 1 DIF: Easy
MSC: Type of Question: Knowledge

23. In addition to protein, nutrients that contribute to building and repair of tissue include:

1. vitamins.
2. carbohydrates.
3. fats.

4. enzymes.

ANS: 1 PTS: 1 DIF: Easy

MSC: Type of Question: Knowledge

24. The type of acids that form the basic building blocks of protein are ____ acids.

1. fatty
2. amino
3. nucleic
4. omega fatty

ANS: 2 PTS: 1 DIF: Easy

MSC: Type of Question: Knowledge

25. In addition to calcium, the major minerals needed to build and maintain bone tissue include:

1. potassium.
2. iron.
3. phosphorus.
4. fluoride.

ANS: 3 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

26. The mineral that helps control enzyme actions in cell mitochondria that produce and store high-energy compounds is:

1. iron.
2. cobalt.
3. hemoglobin.
4. vitamin B₁₂.

ANS: 4 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

27. The nutrients involved in metabolic regulation and control include minerals, vitamins, and:

1. amino acids.
2. carbohydrates.
3. fats.
4. water.

ANS: 4 PTS: 1 DIF: Hard

MSC: Type of Question: Knowledge

28. An observation that provides evidence that a person has good nutritional status is:

1. small muscle mass.

2. normal weight-to-height ratio.
3. smooth tongue.
4. fragile skin.

ANS: 2 PTS: 1 DIF: Easy
MSC: Type of Question: Knowledge

29. Individuals with optimal nutritional status differ from those with marginal nutritional status in their:
1. nutrient reserves.
 2. clinical signs.
 3. body weight.
 4. risk for mental illness.

ANS: 1 PTS: 1 DIF: Medium
MSC: Type of Question: Knowledge

30. In addition to poor eating habits, a factor that often contributes to marginal nutritional status is:
1. dependence on caffeine.
 2. acute illness.
 3. low income.
 4. size of family unit.

ANS: 3 PTS: 1 DIF: Easy
MSC: Type of Question: Knowledge

31. Signs of malnutrition can appear when:
1. nutrient reserves are depleted.
 2. nutrient intake exceeds daily needs.
 3. energy intake is restricted.
 4. caloric expenditure increases.

ANS: 1 PTS: 1 DIF: Medium
MSC: Type of Question: Knowledge

32. An age group that is very vulnerable to malnutrition is:
1. infants.
 2. teenagers.
 3. young adults.
 4. middle-age adults.

ANS: 1 PTS: 1 DIF: Medium
MSC: Type of Question: Knowledge

33. The function of Dietary Reference Intakes (DRIs) is to designate nutrient recommendations for:

1. older adults.
2. children only.
3. pregnant women only.
4. most healthy people.

ANS: 4 PTS: 1 DIF: Easy

MSC: Type of Question: Knowledge

34. The Tolerable Upper Intake Level (UL) is:

1. a replacement for Recommended Dietary Allowances (RDAs).
2. a safe level of intake for people of all ages.
3. a potentially toxic level of intake of a nutrient.
4. the highest amount of a nutrient that can be safely consumed.

ANS: 4 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

35. An example of government nutrition policy is:

1. MyPyramid Food Guidance System.
2. *Dietary Guidelines for Americans 2010*.
3. *Healthy People 2010*.
4. Dietary Reference Intakes (DRIs).

ANS: 3 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

36. MyPyramid food guidance is based on the:

1. percentage of kcalories from each macronutrient.
2. *Exchange Lists for Meal Planning*.
3. numbers of servings from specific food groups.
4. amounts of macronutrients and micronutrients.

ANS: 3 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

37. Foodborne illness may be caused by contamination of food with:

1. pesticides.
2. genetically modified ingredients.
3. microorganisms.
4. food additives.

ANS: 3 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

38. Foods that contain naturally occurring substances that promote health are referred to as:

1. functional foods.
2. convenience foods.
3. supplemental foods.
4. essential foods.

ANS: 3 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

39. The major nutrients supplied by foods in the vegetable group of MyPyramid are:

1. potassium and vitamin A.
2. iron and vitamin C.
3. calcium and vitamin B₁₂.
4. sodium and vitamin E.

ANS: 1 PTS: 1 DIF: Hard

MSC: Type of Question: Knowledge

40. A food choice equivalent to one serving from the grains group of MyPyramid is:

1. one slice of bread.
2. 2 cups of rice.
3. 3 cups of spaghetti.
4. 4 oz of ready-to-eat cereal.

ANS: 1 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

41. A food choice equivalent to 1 oz meat from the meat and beans group of MyPyramid is:

1. 1 oz nuts.
2. two eggs.
3. $\frac{1}{4}$ cup cottage cheese.
4. $\frac{1}{4}$ cup cooked dry beans.

ANS: 4 PTS: 1 DIF: Hard

MSC: Type of Question: Knowledge

42. *Exchange Lists for Meal Planning* was devised by the American Dietetic Association in collaboration with the American:

1. Cancer Society.
2. Diabetes Association.
3. Heart Association.
4. Chefs Society.

ANS: 2 PTS: 1 DIF: Easy

MSC: Type of Question: Knowledge

43. *Exchange Lists for Meal Planning* groups foods that are equivalent in their:

1. weight.
2. serving size.
3. micronutrient content.
4. macronutrient content.

ANS: 4 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

44. *Exchange Lists for Meal Planning* was originally intended as a meal-planning tool for people who have:

1. cancer.
2. diabetes.
3. hypertension.
4. heart disease.

ANS: 2 PTS: 1 DIF: Easy

MSC: Type of Question: Knowledge

45. In the most recent edition of the *Choose Your Foods: Exchange List for Diabetes*, the three groups into which foods are arranged are:

1. fruits and vegetables, breads, and meats.
2. fats, starches and sugars, and meat and milk.
3. fruits and vegetables, meat and milk, and starches.
4. carbohydrates, meat and meat substitutes, and fats.

ANS: 4 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

46. The Dietary Guidelines are published and revised by the U.S. Department of Agriculture in association with the:

1. Department of Health and Human Services.
2. National Institutes of Health.
3. National Academy of Sciences.
4. Food and Nutrition Board.

ANS: 1 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

47. A major purpose of the Dietary Guidelines is to:

1. guarantee optimal health and nutrition.
2. prevent chronic disease and promote health.
3. prevent infectious disease and promote adequate diets.
4. report current scientific findings about nutrition.

ANS: 2 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

48. Dietary Guidelines provide helpful advice for:

1. limiting portion sizes.
2. selecting a food pattern.
3. making smart food choices.
4. avoiding excessive nutrient intakes.

ANS: 3 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge

49. One benefit of keeping a record of everything you eat and drink for a day is:

1. precise estimates of portion sizes.
2. determination of appropriate energy intake.
3. estimation of supplement needs.
4. increased awareness of personal food patterns.

ANS: 4 PTS: 1 DIF: Medium

MSC: Type of Question: Knowledge