

Exam

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) What percentage of American adults are considered obese? 1) _____
A) 15 percent B) 65 percent C) 42 percent D) 35 percent
Answer: D
Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 2) Only the energy nutrient carbohydrate contains the element nitrogen. 2) _____
Answer: True ☒ False
Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 3) Which nutrient class supplies glucose as the major source of energy for the body? 3) _____
A) lipids B) carbohydrates C) proteins D) vitamins
Answer: B
Diff: 0 Type: MC

- 4) Josephine is one of 20 participants in a clinical trial for a new weight loss drug. If Josephine receives a placebo rather than the actual drug, to which group does Josephine belong? 4) _____
A) epidemiological group B) control group
C) hypothesis group D) experimental group
Answer: B
Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 5) A registered dietitian nutritionist has passed an exam administered by the Academy of Nutrition and Dietetics (AND). 5) _____
Answer: ☒ True ☐ False
Diff: 0 Type: TF

- 6) A research journal in which fellow scientists review studies to assess whether they are accurate before they are published is known as a peer-reviewed journal. 6) _____
Answer: ☒ True ☐ False
Diff: 0 Type: TF

- 7) It is not important if a website does not tell you about their privacy policy. 7) _____
Answer: True ☒ False
Diff: 0 Type: TF

- 8) Studies have shown that even at 8 years of age, children may not understand the persuasive intent of advertisements. 8) _____
Answer: True ☒ False
Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 9) The scientific method is 9) _____
- A) research in which neither the subjects nor the scientists know which group received the treatment and which group received a placebo.
 - B) research involving one group of subjects that receives a specific treatment and a second group of subjects that does not receive the treatment.
 - C) a stepwise process used by scientists to generate sound research findings.
 - D) an idea generated by scientists based on their observations.

Answer: C

Diff: 0 Type: MC

- 10) Which of the following does nutritional genomics study? 10) _____
- A) the precise amount of micronutrients the body needs
 - B) the genetic sequence of an individual's genome
 - C) the protein content of an individual
 - D) how certain nutrients affect an individual's gene expression

Answer: D

Diff: 0 Type: MC

- 11) Experimental research is 11) _____
- A) an idea generated by scientists based on their observations.
 - B) a process that involves looking at factors in two or more groups of subjects to see if there is a relationship to certain outcomes.
 - C) a stepwise process used by scientists to evaluate different types of experiments.
 - D) a process involving one group of subjects that receives a specific treatment and a second group of subjects that does not receive the treatment.

Answer: D

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 12) The Human Genome Project determined the complete sequence of DNA in human cells. 12) _____
- Answer: ☒ True ☐ False
- Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 13) Which nutrient class is used to build body tissues and make enzymes? 13) _____
- A) vitamins
 - B) lipids
 - C) carbohydrates
 - D) proteins

Answer: D

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 14) A person with a BMI of 28 or higher is obese. 14) _____
- Answer: ☐ True ☒ False
- Diff: 0 Type: TF

15) Micronutrients are so named because they are less important than macronutrients. 15) _____
Answer: True ☒ False
Diff: 0 Type: TF

16) Carrying extra weight on your body in relation to your height is called being overweight. 16) _____
Answer: ☒ True False
Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

17) Which of the following foods is commonly included in Indian meals? 17) _____
A) lentils B) mutton C) corn D) fish
Answer: A
Diff: 0 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

18) Marita and Adis are eating lunch in the school lunchroom. Adis says he wants to learn to eat healthier and will be seeing a nutritionist he met at the deli last week. What advice should Marita give Adis about seeking sound nutrition advice?
Answer: Adis should check the person's credentials and make sure he or she graduated from an accredited school. He should also beware if the person giving advice is selling something (supplements, book, etc.).
Diff: 0 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

19) Lentils are a staple in the diet of which of the following ethnic groups? 19) _____
A) Indian B) Mexican
C) Native American D) Alaskan
Answer: A
Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

20) The science that studies how the nutrients and compounds in foods affect your body's function and health is called nutrition. 20) _____
Answer: ☒ True False
Diff: 0 Type: TF

21) Minerals are inorganic because they do not contain carbon. 21) _____
Answer: ☒ True False
Diff: 0 Type: TF

22) The part of plant foods that isn't digested in the small intestine is fiber. 22) _____
Answer: ☒ True False
Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 23) Which of the following goals is *not* a proposed focus of *Healthy People 2020*? 23) _____
A) Promote quality of life, healthy development, and healthy behaviors across every stage of life.
B) Create social and physical environments that promote good health for all.
C) Support food industry efforts to obtain favorable health claims on nutrition labels.
D) Eliminate preventable disease, disability, injury, and premature death.

Answer: C

Diff: 0 Type: MC

- 24) Which of the following is *not* true about phytochemicals? 24) _____
A) They come from plant foods. B) They have disease-fighting properties.
C) They are nonnutritive compounds. D) They are essential nutrients.

Answer: D

Diff: 0 Type: MC

- 25) Which of the following foods contains phytochemicals? 25) _____
A) skim milk B) salmon C) eggs D) carrots

Answer: D

Diff: 0 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 26) Explain how people who have less money are more, rather than less, prone to obesity.
Answer: Households with limited funds for monthly groceries tend to buy less of a variety of foods, and the quality of the foods tends to be low in nutrients and high in calories. Individuals living in low-income neighborhoods also tend to have limited access to supermarkets to purchase healthy foods at a reasonable cost. Poorer neighborhoods also tend to be surrounded by convenience stores and fast-food restaurants.

Diff: 0 Type: ES

- 27) Describe a situation in which your emotions led you to make inappropriate food choices.
Answer: Boredom, loneliness, sadness, happiness, celebration, and anger may influence the types and quantities of foods a person consumes.

Diff: 0 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 28) Compounds that contain carbon are called organic. 28) _____

Answer: ☒ True ☐ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 29) Rice is a staple in the diet of which of the following ethnic groups? 29) _____
A) Chinese B) Native American
C) Alaskan D) Mexican

Answer: A

Diff: 0 Type: MC

- 30) A double-blind placebo-controlled study is _____
- A) research that involves looking at factors in two or more groups of subjects to see if there is a relationship to certain outcomes.
 - B) research in which neither the subjects nor the scientists know which group received the treatment and which group received a placebo.
 - C) an idea generated by scientists based on their observations.
 - D) a stepwise process used by scientists to identify effective placebos.

Answer: B

Diff: 0 Type: MC

- 31) A hypothesis is _____
- A) an idea generated by scientists based on their observations.
 - B) research that involves looking at factors in two or more groups of subjects to see if there is a relationship to certain outcomes.
 - C) research involving one group of subjects that receives a specific treatment and a second group of subjects that does not receive the treatment.
 - D) a stepwise process used by scientists to generate sound research findings.

Answer: A

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 32) The group given a placebo during an experiment is called the placebo group. _____

Answer: True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 33) All of the following are correct about the typical American diet *except* that it is _____
- A) high in sodium.
 - B) low in calcium.
 - C) high in fiber.
 - D) low in vitamin D.

Answer: C

Diff: 0 Type: MC

- 34) Which of the following causes of death in the United States is *not* nutrition related? _____
- A) respiratory diseases
 - B) diabetes
 - C) cancer
 - D) stroke

Answer: A

Diff: 0 Type: MC

- 35) Darren's father, mother, and sister all have diabetes. Darren decides to seek help from a health professional so he can avoid becoming diabetic as well. Who is the best person Darren should go to for nutrition advice? _____
- A) a registered dietitian nutritionist (RDN)
 - B) the salesperson at the vitamin and supplement store
 - C) a public health nutritionist
 - D) his trainer at the gym

Answer: A

Diff: 0 Type: MC

- 36) Jane is sitting in the library, cramming for a nutrition test. She has eaten a plate full of brownies and is now ordering a pizza. Which of the following factors is probably affecting the way Jane is eating? 36) _____
A) culture B) advertising C) cost D) emotions

Answer: D

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 37) One of the objectives of *Healthy People 2020* is to reduce the proportion of children and adolescents who are considered obese by 30.5 percent. 37) _____

Answer: True ☒ False

Diff: 0 Type: TF

- 38) An idea generated by scientists based on their observations is a hypothesis. 38) _____

Answer: ☒ True False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 39) Fish is most likely to be a staple in the diet of which of the following ethnic groups? 39) _____
A) Indian B) Native American
C) Alaskan D) Chinese

Answer: C

Diff: 0 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 40) Discuss how one's cultural background influences food choices.

Answer: Different cultural groups have different traditional foods; these cuisines are influenced in part by climate, soils, native plants and animals, and which foodstuffs are plentiful and readily accessible.

Diff: 0 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 41) Which nutrient is so vital to health that you wouldn't live more than a few days without it? 41) _____
A) minerals B) vitamins C) protein D) water

Answer: D

Diff: 0 Type: MC

- 42) Which of the following is *not* a reason why a food becomes a favorite? 42) _____
A) food trends B) culture C) convenience D) food color

Answer: D

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 43) It is not a good idea to change your diet based on a single study. 43) _____

Answer: ☒ True False

Diff: 0 Type: TF

44) Alcohol is an essential nutrient because it contains energy.

44) _____

Answer: True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

45) Food insecurity is

45) _____

- A) uncertainty concerning whether a food might be harmful.
- B) the tendency of some foods to spoil more quickly than others.
- C) the inability to satisfy the basic food needs of individuals.
- D) the tendency of highly desirable foods to be stolen from stores.

Answer: C

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

46) If a study is done on lab animals, the results cannot be relevant to humans.

46) _____

Answer: True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

47) Observational research is defined as

47) _____

- A) a stepwise process used by scientists to evaluate different observational techniques.
- B) a process involving one group of subjects that receives a specific treatment and a second group of subjects that does not receive the treatment.
- C) a process that involves looking at factors in two or more groups of subjects to see if there is a relationship to certain outcomes.
- D) an idea generated by scientists based on their observations.

Answer: C

Diff: 0 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

48) Curtis is writing a paper for his nutrition class and is using the Internet as a resource. Describe what he should consider when deciding whether a site is reliable or not.

Answer: If a site's URL ends in ".edu" or ".gov" it is probably a reliable site. If the site is not selling something, this is also a good sign. If the people who sponsor the site are open about their credentials, such as their being medical doctors or registered dietitians, then the site is likely more credible. A site sponsored by a pharmaceutical company may be prone to promote their drugs or treatments and may be biased. Links provided in the site should also be credible, and current information is likely preferable to older information.

Diff: 0 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

49) A well-balanced diet includes all of the following actions *except*

49) _____

- A) eating a variety of foods.
- B) consuming essential nutrients.
- C) relying on dietary supplements.
- D) consuming phytochemicals and fiber.

Answer: C

Diff: 0 Type: MC

- 50) When obtaining information on the Internet, which ending for a URL is probably less reliable than the others? 50) _____
- A) .com B) .edu
C) .gov D) They are all equally reliable.

Answer: A

Diff: 0 Type: MC

- 51) Mutton is a staple in the diet of which of the following ethnic groups? 51) _____
- A) Native American B) Chinese
C) Alaskan D) Indian

Answer: A

Diff: 0 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 52) What are phytochemicals and why might they be important?

Answer: At least 900 different phytochemicals have been identified in plant foods so far. These nonnutritive chemicals work with fiber, nutrients, or unknown substances in foods to provide synergistic effects on health.

Diff: 0 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 53) People who are poor can be overfed in energy nutrients but malnourished in vitamins and minerals. 53) _____

Answer: ☒ True ☐ False

Diff: 0 Type: TF

- 54) Being overweight is the same thing as being obese. 54) _____

Answer: ☐ True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 55) Which of the following statements about milk is *false*? 55) _____
- A) It contains the minerals potassium and calcium.
B) It contains a substantial variety of all six classes of nutrients.
C) It is approximately 80 percent water by volume.
D) It is a good source of the vitamins A, D, and riboflavin.

Answer: C

Diff: 0 Type: MC

- 56) Which of the following is *not* one of the essential nutrients? 56) _____
- A) fats B) minerals C) alcohol D) water

Answer: C

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

57) Carbohydrates supply glucose, the simple sugar that body cells use as a major energy source. 57) _____

Answer: ☒ True ☐ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

58) Which of the following questions is important to ask yourself when you view a nutrition-related website? 58) _____

- A) How does the site choose links to other sites?
- B) Who pays for the site?
- C) Where does the information come from?
- D) All of these are important questions to ask.

Answer: D

Diff: 0 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

59) List the ten leading causes of death in the United States, and comment on which are nutrition related.

Answer: The ten leading causes of death in the United States are heart disease, cancer, respiratory diseases, accidents, stroke, Alzheimer's disease, diabetes, influenza/pneumonia, kidney disease, and intentional self-harm. Heart disease, cancer, stroke, and diabetes are related to nutrition.

Diff: 0 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

60) The foods you eat do not affect the expression of genes in your cells. 60) _____

Answer: ☐ True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

61) Which of the following is *not* an outcome for children who are food insecure? 61) _____

- A) increased incidence of colds and headaches
- B) iron deficiency
- C) increased energy
- D) delayed cognitive development

Answer: C

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

62) The promotion and selling of health products and services of questionable validity is known as the scientific method. 62) _____

Answer: ☐ True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 63) Jim wants to improve his health and would like a professional to help him with his diet. Which of the following people would be the best person to help Jim? 63) _____
A) a nutritionist B) a trainer at the gym
C) a registered nurse D) a registered dietitian nutritionist

Answer: D

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 64) The energy value of foods is measured in units commonly referred to as nutrients. 64) _____

Answer: True ☒ False

Diff: 0 Type: TF

- 65) Over 65 percent of American adults are overweight and of those, approximately 50 percent are considered obese. 65) _____

Answer: True ☒ False

Diff: 0 Type: TF

- 66) For reporting research results, a regular magazine is just as credible as a peer-reviewed journal. 66) _____

Answer: True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 67) Maize is a staple in the diet of people living in which of the following places? 67) _____
A) Mexico B) India C) Alaska D) China

Answer: A

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 68) The macronutrients include carbohydrates, lipids, and vitamins. 68) _____

Answer: True ☒ False

Diff: 0 Type: TF

- 69) Fats, proteins, and carbohydrates are organic nutrients that provide energy. 69) _____

Answer: ☒ True False

Diff: 0 Type: TF

- 70) Chronic diseases are caused by genetic influences alone. 70) _____

Answer: True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

71) Americans need to consume more

71) _____

A) meat and saltier foods.

B) fruits and vegetables.

C) oils and fewer vegetables.

D) meat and refined grains.

Answer: B

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

72) Some public health nutritionists are ineligible to take the Academy of Nutrition and Dietetics (AND) exam.

72) _____

Answer: True ☒ False

Diff: 0 Type: TF

73) When a nutrient such as a vitamin is lacking in the diet, a deficiency may result.

73) _____

Answer: ☒ True False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

74) Which of the following is the first step of the scientific method?

74) _____

A) Revise the hypothesis.

B) Formulate a hypothesis.

C) Conduct an experiment.

D) Observe and ask a question.

Answer: D

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

75) There are five classes of nutrients.

75) _____

Answer: True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

76) Which of the following is *not* a function of water in the body?

76) _____

A) functions as a coenzyme

B) helps transport nutrients and oxygen

C) helps maintain body temperature

D) lubricates joints

Answer: A

Diff: 0 Type: MC

77) If a scientist wants to design an experiment to measure the effect of vitamin C on colds, which of the following would be an appropriate placebo?

77) _____

A) half the recommended daily amount of vitamin C

B) the recommended daily amount of vitamin D

C) a sugar pill that does not contain vitamin C

D) the recommended daily amount of vitamin C

Answer: C

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 78) A quack is a person who promotes health-related products with false claims and information that are not based in sound scientific research. 78) _____

Answer: ☒ True ☐ False
Diff: 0 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 79) Claudia and Antonio are having friends over to watch a football game on television. Describe at least three factors that may influence food choices during the game.

Answer: Influences include mood, peer pressure to eat, social influences (advertising) on what people eat watching a sport (e.g. chicken wings, beer, chips), health (someone may prefer cut-up vegetables to higher fat snacks), and convenience (ordering a pizza rather than preparing a meal).

Diff: 0 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 80) According to *Healthy People 2020*, the body weights of Americans are decreasing. 80) _____

Answer: ☐ True ☒ False
Diff: 0 Type: TF

- 81) Nutritional genomics studies the relationship between the components of food and gene expression. 81) _____

Answer: ☒ True ☐ False
Diff: 0 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 82) What is the difference between a macronutrient and a micronutrient?

Answer: A macronutrient is an essential nutrient that is needed in larger quantities than is an essential micronutrient. Vitamins and minerals are micronutrients, and the energy nutrients (carbohydrates, proteins, and fats) are macronutrients.

Diff: 0 Type: ES

- 83) List the six classes of nutrients, noting which are organic and how much energy they contain, if any.

carbohydrates	organic	4 calories/gram
lipids	organic	9 calories/gram
protein	organic	4 calories/gram
vitamins	organic	0 calories/gram
minerals	inorganic	0 calories/gram
water	inorganic	0 calories/gram

Diff: 0 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 84) The micronutrients include lipids, vitamins, and minerals. 84) _____

Answer: ☐ True ☒ False
Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 85) The group given a specific treatment during an experiment is called the _____
A) control group. B) blind group.
C) double-blind group. D) experimental group.

Answer: D

Diff: 0 Type: MC

- 86) Which of the following substances is organic? _____
A) vitamins B) minerals C) water D) salts

Answer: A

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 87) Epidemiological research looks at factors in two or more subject groups to see if there is a relationship to a certain disease or another health outcome. _____

Answer: True ☒ False

Diff: 0 Type: TF

- 88) A nonnutritive compound in foods that may play a role in fighting chronic diseases is called fiber. _____

Answer: True ☒ False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 89) Which of the following are *not* macronutrients? _____
A) vitamins B) proteins C) carbohydrates D) lipids

Answer: A

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 90) The substance that bathes the outside of your cells and also helps maintain body temperature is water. _____

Answer: ☒ True False

Diff: 0 Type: TF

- 91) Substances that speed up reactions in your body are known as enzymes. _____

Answer: ☒ True False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 92) The defining characteristic of an organic compound is that it _____
A) contains nitrogen. B) contains hydrogen.
C) is grown in rich soil. D) contains carbon.

Answer: D

Diff: 0 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

93) The "gold standard" of research experiments is the double-blind, placebo-controlled study.

93) _____

Answer: ☒ True False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

94) Which of the following statements is incorrect regarding the energy-providing nutrients?

94) _____

- A) The energy nutrients include carbohydrates, fats, and proteins.
- B) The amount of calories you need daily is based on your age, gender, and activity level.
- C) The energy nutrients are all organic.
- D) Most of your daily calories should come from protein.

Answer: D

Diff: 0 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

95) Describe an experiment you would design to test the following hypothesis: Vitamin C supplements cure colds.

Answer: An appropriate experiment would involve two groups of individuals of the same sex and age. All individuals are exposed to cold viruses via inhalation. They then are divided into two groups: an experimental group that receives identical doses of vitamin C supplements and a control group that gets a placebo. The experiment is double-blind. Signs and symptoms of both groups are tracked over 10 days. After data collection and analysis, conclusions are made as to whether the vitamin C had an effect on the cold.

Diff: 0 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

96) Carbohydrates, lipids, and alcohol can all provide the body with energy.

96) _____

Answer: ☒ True False

Diff: 0 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

97) Which of the following statements about supplements is *false*?

97) _____

- A) A well-balanced diet will meet the nutrient needs of many people.
- B) A pregnant woman might benefit from taking an iron supplement.
- C) Supplements always produce the same positive health effects as those gained by eating foods.
- D) People with dietary restrictions or greater nutrient needs could benefit from taking supplements.

Answer: C

Diff: 0 Type: MC

Answer Key
Testname: CH1

- 1) D
- 2) FALSE
- 3) B
- 4) B
- 5) TRUE
- 6) TRUE
- 7) FALSE
- 8) FALSE
- 9) C
- 10) D
- 11) D
- 12) TRUE
- 13) D
- 14) FALSE
- 15) FALSE
- 16) TRUE
- 17) A
- 18) Adis should check the person's credentials and make sure he or she graduated from an accredited school. He should also beware if the person giving advice is selling something (supplements, book, etc.).
- 19) A
- 20) TRUE
- 21) TRUE
- 22) TRUE
- 23) C
- 24) D
- 25) D
- 26) Households with limited funds for monthly groceries tend to buy less of a variety of foods, and the quality of the foods tends to be low in nutrients and high in calories. Individuals living in low-income neighborhoods also tend to have limited access to supermarkets to purchase healthy foods at a reasonable cost. Poorer neighborhoods also tend to be surrounded by convenience stores and fast-food restaurants.
- 27) Boredom, loneliness, sadness, happiness, celebration, and anger may influence the types and quantities of foods a person consumes.
- 28) TRUE
- 29) A
- 30) B
- 31) A
- 32) FALSE
- 33) C
- 34) A
- 35) A
- 36) D
- 37) FALSE
- 38) TRUE
- 39) C
- 40) Different cultural groups have different traditional foods; these cuisines are influenced in part by climate, soils, native plants and animals, and which foodstuffs are plentiful and readily accessible.
- 41) D
- 42) D
- 43) TRUE
- 44) FALSE

Answer Key
Testname: CH1

- 45) C
- 46) FALSE
- 47) C
- 48) If a site's URL ends in ".edu" or ".gov" it is probably a reliable site. If the site is not selling something, this is also a good sign. If the people who sponsor the site are open about their credentials, such as their being medical doctors or registered dietitians, then the site is likely more credible. A site sponsored by a pharmaceutical company may be prone to promote their drugs or treatments and may be biased. Links provided in the site should also be credible, and current information is likely preferable to older information.
- 49) C
- 50) A
- 51) A
- 52) At least 900 different phytochemicals have been identified in plant foods so far. These nonnutritive chemicals work with fiber, nutrients, or unknown substances in foods to provide synergistic effects on health.
- 53) TRUE
- 54) FALSE
- 55) C
- 56) C
- 57) TRUE
- 58) D
- 59) The ten leading causes of death in the United States are heart disease, cancer, respiratory diseases, accidents, stroke, Alzheimer's disease, diabetes, influenza/pneumonia, kidney disease, and intentional self-harm. Heart disease, cancer, stroke, and diabetes are related to nutrition.
- 60) FALSE
- 61) C
- 62) FALSE
- 63) D
- 64) FALSE
- 65) FALSE
- 66) FALSE
- 67) A
- 68) FALSE
- 69) TRUE
- 70) FALSE
- 71) B
- 72) FALSE
- 73) TRUE
- 74) D
- 75) FALSE
- 76) A
- 77) C
- 78) TRUE
- 79) Influences include mood, peer pressure to eat, social influences (advertising) on what people eat watching a sport (e.g. chicken wings, beer, chips), health (someone may prefer cut-up vegetables to higher fat snacks), and convenience (ordering a pizza rather than preparing a meal).
- 80) FALSE
- 81) TRUE
- 82) A macronutrient is an essential nutrient that is needed in larger quantities than is an essential micronutrient. Vitamins and minerals are micronutrients, and the energy nutrients (carbohydrates, proteins, and fats) are macronutrients.

Answer Key
Testname: CH1

83) carbohydrates	organic	4 calories/gram
lipids	organic	9 calories/gram
protein	organic	4 calories/gram
vitamins	organic	0 calories/gram
minerals	inorganic	0 calories/gram
water	inorganic	0 calories/gram

84) FALSE

85) D

86) A

87) FALSE

88) FALSE

89) A

90) TRUE

91) TRUE

92) D

93) TRUE

94) D

95) An appropriate experiment would involve two groups of individuals of the same sex and age. All individuals are exposed to cold viruses via inhalation. They then are divided into two groups: an experimental group that receives identical doses of vitamin C supplements and a control group that gets a placebo. The experiment is double-blind. Signs and symptoms of both groups are tracked over 10 days. After data collection and analysis, conclusions are made as to whether the vitamin C had an effect on the cold.

96) TRUE

97) C