Test Bank for Personal Nutrition 11th Boyle

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Name:_____ Class:_____ Date:_____

Chapter 01: The Basics of Understanding Nutrition

1. The social and cultural groups to which a person belongs have little effect on food choices.
   a. True
   b. False

ANSWER: False

2. Overnutrition is a form of malnutrition that can contribute to leading causes of U.S. deaths such as coronary heart disease.
   a. True
   b. False

ANSWER: True

3. A nutrition claim that appears in a newspaper is usually a confirmed, and therefore reliable, finding.
   a. True
   b. False

ANSWER: False

4. Meals eaten at fast food restaurants commonly contain similar amounts of calories, fiber, and saturated fat to meals prepared at home.
   a. True
   b. False

ANSWER: False

5. When people are served larger portions, they tend to self-regulate and eat smaller portions than what they are served.
   a. True
   b. False

ANSWER: False

6. Body fat is the primary way the body stores energy.
   a. True
   b. False

ANSWER: True

7. The body uses proteins, carbohydrates, and fats to create the energy it needs for its various activities.
   a. True
   b. False

ANSWER: True

8. The Okinawans have a lower prevalence of chronic diseases than most other cultures in the world.
   a. True
   b. False

ANSWER: True

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9. The amount spent by the food industry advertising food, beverage, and fast food is nearly equal to the amount spent by the government in promoting its campaign to encourage people of all ages to increase their consumption of fruits and vegetables.

a. True

b. False

ANSWER: False

10. Diet is the sole culprit in causing chronic diseases, such as diabetes and heart disease.

a. True

b. False

ANSWER: False

11. The risk of lifestyle-related chronic diseases is purely hereditary.

a. True

b. False

ANSWER: False

12. An extremely low income can put a person at risk for undernutrition.

a. True

b. False

ANSWER: True

13. An individual who shops for fresh green beans and blueberries in season, whole-grain rice and beans, low-fat cheeses, and extra lean ground beef can eat nutritious food at home while being budget-conscious.

a. True

b. False

ANSWER: True

14. As a consequence of an abundant food supply, Americans experience some of the lowest rates of degenerative diseases in the world.

a. True

b. False

ANSWER: False

15. A variety of berries, including strawberries and kiwifruit, contain antioxidants that promote good health.

a. True

b. False

ANSWER: True

16. Health promotions like *Healthy People 2030* can positively influence a person's lifestyle behaviors so they can experience a better quality of life over a longer period of time.

a. True

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b. False

ANSWER: True

17. Individuals who regularly eat nutritious meals and have an active lifestyle can expect to maintain their good health several years longer than individuals who practice only a few or no healthy habits.

a. True

b. False

ANSWER: True

18. A popular, recently launched website about disease prevention includes a comprehensive list of health statistics from 2009 to support the effectiveness of its natural health products. It also provides balanced arguments about the effectiveness of natural health products. The website is authored by a nutritionist and includes a money-back guarantee on its products. Can the information on this website be considered credible?

a. Yes, because the health data is provided in its entirety.

b. Yes, because the author of the website is a nutritionist.

c. No, because the different points of view create ambiguity.

d. No, because the reported statistics are outdated.

e. Yes, because the sale of natural health products is regulated.

ANSWER: d

19. In a remote northern area, the majority of residents drive 35 miles to a grocery store so they can pick up fresh fruit, vegetables, and meats. What is the name for the area where the residents live?

a. food distancing

b. food oasis

c. food caravan

d. food desert

e. food culture

ANSWER: d

20. What food item would be a healthy basic selection at the grocery store?

a. white bread

b. battered fish

c. dry roasted nuts

d. white rice

e. peaches canned in heavy syrup

ANSWER: c

21. Which substances are included in the six classes of nutrients?

a. water, alcohol, and fats

b. alcohol, proteins, and carbohydrates

c. antioxidants, sugar, and vitamins

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d. water, carbohydrates, and fats
e. alcohol, minerals, and vitamins

ANSWER: d

22. What is a leading cause of death in the United States that could be linked to diet?
a. lung disease
b. cancer
c. kidney disease
d. infections of the blood
e. Parkinson's disease

ANSWER: b

23. Which nutrient provides the ideal source of energy for the brain and nervous system?
a. water
b. lipids
c. vitamins
d. proteins
e. carbohydrates

ANSWER: e

24. You are looking for a legitimate, qualified dietitian to advise you on a healthy eating plan for your family. Which characteristic might alert you to do further research?
a. an undergraduate degree in food and nutrition or a related science
b. completion of an approved dietetic internship or its equivalent
c. use of the title *nutritionist* without any mention of credentials next to an individual's name
d. successful completion of a national examination and maintenance of continuing education
e. a degree earned at an institution accredited by the Council on Education

ANSWER: c

25. Who would be the most appropriate person to consult for nutrition information?
a. a health teacher
b. a chiropractor
c. a registered dietitian
d. a medical doctor
e. a health food store manager

ANSWER: c

26. A single-serve cup of Greek yogurt has 2 grams fat, 3 grams carbohydrates, and 12 grams protein. How many calories each are from fat, carbohydrates, and protein?
a. 18; 12; 48
b. 12; 18; 48

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c. 48; 18; 12
d. 12; 48; 18
e. 48; 12; 18

ANSWER: a

27. Which term is included in the acronym CARS, and is applied in determining the quality of information found on the internet?
a. adequacy
b. credibility
c. reliability
d. sense
e. rational

ANSWER: b

28. Which activity demonstrates making a food choice based on sustainability issues in relation to food consumption?
a. purchasing fresh strawberries when they are out of season
b. buying bananas that are grown in another country
c. shopping for groceries when you are not hungry
d. purchasing corn from the farmer in your neighborhood
e. buying only items that are highly nutritious

ANSWER: d

29. Imagine that you are reading a magazine article about a new product that claims to benefit health. Which characteristic suggests that these claims might be valid?
a. The product is described as a "secret formula."
b. The article provides unsubstantiated evidence that the product works.
c. The peer-reviewed scientific research is cited.
d. The product is available only through a commercial.
e. The article includes testimonials from satisfied customers.

ANSWER: c

30. Some experts believe that a relationship between energy-dense diets and the money spent per unit for that energy by socioeconomically disadvantaged groups contributes to which chronic condition?
a. overnutrition
b. low bone mineral density
c. iron deficiency
d. obesity
e. colon cancer

ANSWER: d

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31. Which strategy would most likely support healthy eating when dining out?
    a. Order grilled rather than fried foods.
    b. Use mayonnaise in place of mustard.
    c. Order a large burger to obtain adequate protein.
    d. Order whole milk rather than a diet soda.
    e. Buy the largest meal with the best deal and skip the next meal.

ANSWER: a

32. Globally, what is one of the core nutrition-related objectives that WHO is targeting in order to reduce premature death?
    a. reduce cancer
    b. improve food safety
    c. reduce homicide
    d. reduce liver disease
    e. improve public education

ANSWER: b

33. Maji decides to go shopping and wants to purchase foods with less fat and fewer calories and save money at the same time. Which food item is least likely to help Maji meet these objectives?
    a. salsa
    b. pork tenderloin
    c. frozen broccoli
    d. chicken nuggets
    e. eggs

ANSWER: d

34. Roommates Ansel and Skylar decide to use the smart shopping tips they learned in their college nutrition course. What practice should they avoid while shopping?
    a. shopping without a list
    b. buying fresh foods that are in season and local
    c. reading the ingredients to compare similar products
    d. choosing foods from the store's sales circular
    e. shopping the perimeter of the grocery store

ANSWER: a

35. If you weigh 135 pounds and are at a desirable weight, how much of that weight is water?
    a. 67.5 pounds
    b. 81 pounds
    c. 95 pounds
    d. 108 pounds
    e. 121.5 pounds

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ANSWER: d

36. What term refers to nutrients that the body must obtain from food?
    a. building-block nutrients
    b. indispensable nutrients
    c. essential nutrients
    d. basic nutrients
    e. macronutrients

ANSWER: c

37. Which nutrients provide four calories per gram?
    a. carbohydrate and fat
    b. fat and protein
    c. carbohydrate and protein
    d. alcohol and protein
    e. carbohydrate and alcohol

ANSWER: c

38. Which nutrient is present in every cell and required to build living tissue?
    a. proteins
    b. fats
    c. carbohydrates
    d. minerals
    e. vitamins

ANSWER: a

39. Which nutrients regulate the release of energy and other aspects of metabolism rather than supplying energy?
    a. water and proteins
    b. fats and minerals
    c. amino acids and vitamins
    d. vitamins and minerals
    e. antioxidants and fats

ANSWER: d

40. One serving of naan bread contains 45 grams of carbohydrates, 5 grams of fat, and 9 grams of protein. How many total calories are in a single serving?
    a. 236 calories
    b. 257 calories
    c. 261 calories
    d. 416 calories

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e. 481 calories

ANSWER: c

41. Which substance provides seven calories per gram?
    a. protein
    b. fat
    c. carbohydrate
    d. fiber
    e. alcohol

ANSWER: e

42. What is a function of water in the body?
    a. It regulates the release of energy.
    b. It transports hormonal messages from place to place.
    c. It provides a small amount of energy needed by the nervous system.
    d. It plays a vital role in heart rate.
    e. It controls muscle contractions.

ANSWER: b

43. Which disease is least likely to be influenced by diet?
    a. hypertension
    b. hemophilia
    c. arthritis
    d. cancer
    e. osteoporosis

ANSWER: b

44. Who has the greatest impact on a person's food choices?
    a. dieticians
    b. family
    c. nutritionists
    d. cultural groups
    e. coworkers

ANSWER: b

45. Which nutrient provides the most energy per gram?
    a. carbohydrate
    b. water
    c. fat
    d. protein
    e. alcohol

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ANSWER: c

46. A bartender serves a drink that has 3 grams of alcohol. How many calories from alcohol does this equal?
    a. 3
    b. 7
    c. 21
    d. 24
    e. 27

ANSWER: c

47. Jordan is deciding what to order for lunch at a fast-food restaurant on campus. Which combination would you recommend as the best nutritional selection?
    a. a grilled chicken sandwich with mustard and side salad with vinaigrette
    b. a fried chicken sandwich with mayonnaise and side salad with dressing
    c. a fish patty sandwich with tartar sauce and baked potato with butter
    d. a cheeseburger with lettuce, tomato, and onion and a milkshake
    e. a plate of nachos with extra guacamole and less sour cream

ANSWER: a

48. Which objective is included in *Healthy People 2030*?
    a. Reduce consumption of high-fiber snacks.
    b. Reduce rates of iron deficiency.
    c. Decrease the proportion of visits to the doctor.
    d. Decrease the amount of food available to obese households.
    e. Increase muscle-building activities over aerobic activities in adults.

ANSWER: b

49. A spicy tuna roll contains 24 grams of protein, 26 grams of carbohydrate, and 11 grams of fat. What percentage of calories in the sandwich comes from fat?
    a. 12 percent
    b. 28 percent
    c. 33 percent
    d. 44 percent
    e. 75 percent

ANSWER: b

50. Arisa is ordering lettuce wraps for her family. Which ingredient would be the best choice as a healthy, low-calorie selection?
    a. white rice
    b. soy sauce
    c. fried tilapia

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d. sea salt
e. bean sprouts

ANSWER: e

51. Which is a key objective of *Healthy People 2030*?
a. Increase the number of people who commute to work by bike.
b. Decrease insurance premiums for people who are at a healthy weight.
c. Decrease cooking temperature of natural foods to preserve vitamins.
d. Increase the amount of added sugar in food in order to reduce fat.
e. Increase the time between making and chilling food to prevent overcooking.

ANSWER: c

52. Payton signs up for a scientific study that involves following a special diet designed to lower high blood cholesterol level. What is the name for this type of study?
a. intervention study
b. placebo study
c. epidemiological study
d. survey study
e. experimental study

ANSWER: a

53. What substance supplies energy without promoting growth or repair of the body?
a. tobacco
b. fat
c. alcohol
d. glucose
e. copper

ANSWER: c

54. If a food has 26 grams of carbohydrates and 282 calories per serving, what is the percentage of calories from carbohydrates in this food?
a. 37 percent
b. 56 percent
c. 65 percent
d. 83 percent
e. 85 percent

ANSWER: a

55. Aliyah eats 1800 calories per day and wants at least 45 percent of those calories to come from protein. What is the minimum number of protein grams Aliyah should eat?
a. 90 grams

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b. 98 grams
c. 116 grams
d. 150 grams
e. 203 grams

ANSWER: e

56. Which habit is part of *hara hachi bu* in Okinawan culture?
a. not smoking or drinking alcohol
b. eating until only 80 percent full
c. exercising 45 minutes each day
d. eating less than 35 percent of calories from fat
e. beginning each day with a low-calorie, nutrient-dense meal

ANSWER: b

57. Which of the following does the *Healthy People 2030* objective aim to reduce consumption of in the U.S. population?
a. added sugars
b. various vegetables
c. calcium-rich foods
d. dietary whole grains
e. iron-rich foods

ANSWER: a

58. Regarding American current food intake and health status, which of the following statements is correct?
a. Vegetable intake is low but whole grain and fruit intake is adequate for an American.
b. Over half of the American population engages in no leisure-time physical activity.
c. One half of American adults and one third of children are overweight or obese.
d. Obesity rates in American children are decreasing due to healthy lunch options in schools.
e. Almost half of American adults suffer from a disease or condition that they could eliminate through better dietary intake and/or physical activity.

ANSWER: e

59. How does the diet of the centenarians from the islands of Okinawa compare to that of most U.S. adults?
a. U.S. adults consume more seafood but fewer saturated fats.
b. Okinawans consume more vegetables but fewer calories.
c. U.S. adults consume more fruits but fewer calories.
d. Okinawans consume more calories but fewer sweets.
e. U.S. adults consume more foods with high antioxidant levels.

ANSWER: b

60. In what way do cultural norms help determine food choices?

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a. imparting an innate preference for sweet tastes
b. dictating nutrition guidelines for national and state government
c. influencing beliefs that plants and animals can be eaten
d. controlling the physiological need for food
e. encouraging the acceptance of all types of foods

ANSWER: c

61. How do readers know that a nutrition article is credible?
a. It describes results of a study of a sufficiently large group of people.
b. It analyzes research studies that are at least 10 years old.
c. It presents results that differ remarkably from those of similar studies.
d. It appears in a respected newspaper with a large national circulation.
e. It includes several real-world cases of anecdotal support.

ANSWER: a

62. Huan is looking for scientifically supported information on nutrition and performs an internet search. Which criteria suggest that the site features *unreliable* information?
a. The site states: "This website is authored and maintained by Anna Herrmann, M.D., a practicing physician who teaches at the University of Bayreuth."
b. The latest post on the "recent news" page is dated the day before.
c. The site describes both potential risks and benefits when describing nutritional practices or products.
d. The sources of statistics and study findings discussed are unavailable on the site.
e. The summary information is presented in an objective manner.

ANSWER: d

63. What is an example of a fortified food?
a. organically grown strawberries
b. low-fat potato chips
c. 93 percent lean ground beef
d. iodized salt
e. natural supplements

ANSWER: d

64. What is the approximate prevalence of obesity among adults in the United States today?
a. nearly 20 percent
b. nearly 30 percent
c. nearly 40 percent
d. nearly 50 percent
e. nearly 60 percent

ANSWER: b

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65. According to the current assessment of research studies, what disease risk is reduced by a diet rich in fiber from fruits, vegetables, legumes, and whole grains?

a. diabetes mellitus type 1
b. diverticular disease
c. Alzheimer's disease
d. sickle-cell anemia
e. osteoporosis

ANSWER: b

66. What is the collective term for all the chemical and physical reactions occurring in living cells, including the reactions by which the body obtains and uses energy from foods?

a. biochemistry
b. epidemiology
c. active transport
d. cellular respiration
e. metabolism

ANSWER: e

67. On average, how much water does your body lose each day in the form of sweat and urine?

a. two cups
b. two pints
c. four to six cups
d. two to three quarts
e. one gallon

ANSWER: d

68. What are organic, or carbon-containing, essential nutrients that are vital to life but needed only in relatively minute amounts?

a. trace minerals
b. catalysts
c. micro minerals
d. metabolites
e. vitamins

ANSWER: e

69. According to the Institute for Health Metrics and Evaluation, what is the top risk factor that leads to death?

a. high blood pressure
b. secondhand smoke
c. low physical activity
d. diet low in nuts and seeds
e. alcohol use

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ANSWER: a

70. According to "The Longevity Game" by Northwestern Mutual Life Insurance Company, which trait or behavior is most likely to add to the average life expectancy?
    a. retiring at age 62
    b. exercising once per week
    c. wearing seatbelts at all times, excluding short trips
    d. being female
    e. drinking three glasses of wine per day

ANSWER: d

71. Based on average serving size, which type of food would typically be least expensive?
    a. protein foods
    b. foods with added sugar
    c. dairy foods
    d. foods high in sodium
    e. foods with a lot saturated fat

ANSWER: c

72. Which method of research examines populations to determine food patterns and health status over time?
    a. epidemiological study
    b. intervention study
    c. correlational study
    d. control group
    e. clinical study

ANSWER: a

73. What is the term for the physiological need for food?
    a. hunger
    b. craving
    c. satiety
    d. appetite
    e. food perception

ANSWER: a

74. What is the name for the psychological desire to eat?
    a. hunger
    b. craving
    c. satiety
    d. appetite
    e. food perception

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ANSWER: d

75. For the past three years, Ruchi has eaten four small meals daily, avoided sodas and prepackaged foods, and eaten a salad with fresh vegetables and nuts. What is this an example of?

a. dietary pattern
b. malnutrition
c. food efficiency
d. longevity game
e. overnutrition

ANSWER: a

76. Which type of food is low in calories compared to the amount of nutrients it contains?

a. calorie-dense
b. energy-dense
c. nutrient-dense
d. healthy
e. balanced

ANSWER: c

77. Which type of study minimizes the chances that the results are due to a placebo effect or to bias on the part of the researcher?

a. controlled and valid
b. randomized and epidemiological
c. valid and randomized
d. epidemiological
e. controlled and randomized

ANSWER: e

78. Access to an abundance of foods has been shown to contribute to increased rates of which of the following health problems?

a. degenerative diseases
b. hereditary diseases
c. healthy eating patterns
d. unprocessed foods consumption
e. healthy weights

ANSWER: a

79. What is the name for the traditional foods eaten by the people of a particular culture?

a. culture
b. food perception
c. ethnic cuisine

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d. international cuisine
e. religious cuisine

ANSWER: c

80. Having an overabundance of food can lead to an overconsumption of calories that can then lead to degenerative diseases such as diabetes. What is another name for these degenerative diseases?
a. unintentional diseases
b. illnesses of poverty
c. fast food diseases
d. diseases of affluence
e. cultural illnesses

ANSWER: d

81. During Ramadan, an individual fasts from the time the sun rises to the time the sun sets. What is the most likely reason for this practice?
a. customs
b. social groups
c. religion
d. perception
e. sustainability

ANSWER: c

82. Which description refers to *metabolism*?
a. the substances the body uses from food to promote its growth, maintenance, and repair
b. a condition that results from an excess, deficiency, or imbalance of calories or nutrients
c. the chemical and physical reactions taking place in living cells to get and use energy from food
d. an overconsumption of calories or nutrients that causes disease or an increased risk of disease
e. the process used to obtain nutrients from food because the body cannot make those nutrients

ANSWER: c

83. In what way do essential nutrients differ from nutrients?
a. Essential nutrients make up approximately 30% of a person's weight.
b. Essential nutrients produce energy after being broken down in the body.
c. The body can survive without essential nutrients for more than 7 days.
d. Essential nutrients cannot be made by the body so they must come from food.
e. There are six distinct categories of essential nutrients the body needs.

ANSWER: d

84. What is the definition of a *nutrient*?
a. a chemical and physical reaction that occurs in living cells
b. a substance obtained from food and used in the body to promote growth, maintenance, and repair

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c. a measure of the energy that food can provide to the body
d. a substance that must be obtained from food because the body cannot make it in sufficient quantities
e. a condition that can be caused by an excess, deficiency, or imbalance of calories

ANSWER: b

85. Which item would you consume to get some of the calories your body needs to function?
a. bottle of seltzer water
b. vitamin supplement
c. water with fluoride
d. calcium tablet
e. packet of salty nuts

ANSWER: e

86. What is a peer review?
a. a person who claims to be capable of advising people about their diets and a healthy lifestyle
b. a population study that searches for possible correlations between nutrition factors and health patterns
c. a group of individuals with characteristics that match the group being treated in an intervention study
d. a study participant who receives the real treatment or intervention under investigation
e. a published study whose results have been reviewed by experts in the field of study

ANSWER: e

87. What is the definition of a *control group*?
a. a set of participants in a study who receive the real treatment or intervention under investigation
b. a published study of people whose results have been reviewed by experts in the field of study
c. a set of individuals with characteristics matching people being treated in an intervention study but who receive a placebo treatment or no treatment at all
d. a sham or neutral treatment given to a specific set of participants in a study
e. a population study examining the effects of a treatment on experimental subjects compared to a group that does not receive the treatment

ANSWER: c

88. A population study indicates that participants who exclusively ate a Mediterranean diet lived longer than their peers. What does this mean?
a. The food that people eat is proven to contribute to how long they live.
b. Ethnic cuisine is healthier for people to eat throughout their life.
c. The results are inaccurate because geography has no impact on lifespan.
d. Studies are conducted under strict guidelines, so the results are reliable.
e. There is a suggested correlation between people's diet and their longevity.

ANSWER: e

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89. What type of study conducts searches for possible correlations between nutrition factors and health patterns over time?
    a. epidemiological study
    b. experimental study
    c. control group study
    d. placebo study
    e. credible study

ANSWER: a

90. In what way does an experimental group differ from a control group?
    a. The participants of the study agree to take harmful medication.
    b. The study participants receive the real treatment being investigated.
    c. The study participants are prohibited from discussing their treatment.
    d. The participants are given a placebo as part of the study being conducted
    e. The study participants try various treatments to cause different outcomes.

ANSWER: b

91. What is an intervention study?
    a. one that has published the results after they have been reviewed by experts in the field of study
    b. one that examines treatment effects on experimental subjects compared to a group that does not receive treatment
    c. one that has not been published because the expected intervention did not produce the desired outcome
    d. one that is discontinued if the experimental group experiences numerous negative side effects
    e. one that is regulated by the federal government to ensure that all participants are treated safely

ANSWER: b

92. Which of the following is associated with value marketing?
    a. decrease in the prices of healthy food in the U.S.
    b. decrease in the time it takes for U.S. restaurants to prepare food
    c. decrease in profit margins due to advertising in the U.S.
    d. increase in the size of food portions in the U.S.
    e. increase in the number of U.S. adults who eat at home

ANSWER: d

93. Which tip will help an individual make healthy choices when dining away from home?
    a. Eat from an all-you-can-eat buffet so you can eat a variety of foods in small portions.
    b. Take ready-to-go snacks that include extra calories to help you curb your hunger.
    c. Order two different low-fat desserts when eating with a friend so you can share.
    d. Switch out mayo with vegetables like onions that will reduce calories but still add flavor.
    e. Choose red meat or fish because they contain protein that will keep you satisfied longer.

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ANSWER: d

94. Prior to World War II, what was the focus of nutrition researchers?
    a. preventing diseases resulting from malnutrition
    b. eliminating diseases caused by overnutrition
    c. reducing deaths caused by chronic diseases
    d. overcoming the imbalance of energy and nutrient excesses
    e. eliminating diseases resulting from vitamin deficiencies

ANSWER: e

95. Which of the following characterizes *undernutrition*?
    a. a focus on consuming unhealthy food choices
    b. an emphasis on degenerative diseases
    c. an extreme desire to eat less nutritious food
    d. a condition caused by food swamps
    e. a severe underconsumption of calories or nutrients

ANSWER: e

96. What benefit is associated with consuming locally produced food?
    a. provides greater nutrition
    b. protects the environment
    c. includes fewer calories
    d. prevents chronic disease
    e. contains more minerals

ANSWER: b

97. Which statement contains accurate information?
    a. Sugar is a major cause of hyperactivity in children.
    b. Special training is legally required for a person to offer nutrition information to the public.
    c. Eating a balanced diet is impossible for busy people because it takes too much time to shop.
    d. Herbal products are as safe and effective as prescription medicines.
    e. Most nutrition-related magazine articles undergo expert review prior to publication.

ANSWER: a

98. Which of the following accurately represents the average U.S. diet?
    a. high in fruits
    b. high in added sugars
    c. low in sodium
    d. low in unhealthy fat
    e. high in vegetables

ANSWER: b

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Chapter 01: The Basics of Understanding Nutrition

99. How would you know that a nutritionist has the proper credentials?
   a. They are endorsed by the American Academy of Healthy Eating.
   b. They are partnered with a registered dietetic technician.
   c. They have completed an internship in a federal food program.
   d. They have an RD/RDN from an accredited institution.
   e. They have earned their degree from a registered diploma mill.

ANSWER: d

100. Give one example of an energy-yielding nutrient and describe how it used by the body.

ANSWER: Answers will vary according to the nutrient that was selected. The following is an example: Carbohydrates, proteins, and fats are the three nutrients that the body breaks down to create the energy it needs to perform essential functions, such as building living tissue. For example, protein is part of every living cell in the body. Without it, the body could not build new living tissue.

101. Identify at least two causes of chronic disease and give two examples of a chronic disease. For each disease, provide one recommendation of a change an individual could make to manage or reduce the risk associated with that disease.

ANSWER: Answers will vary. The following is an example: Chronic disease can be caused by factors such as genetics, dietary imbalance, and physical activity habits. Although people cannot change their genetic makeup, they have choices with regard to factors involving physical activity and nutrition. A person who has heart disease, which can be caused by diet and other factors, could better manage their disease by switching to a dietary pattern that is heart healthy. Diabetes is another chronic disease. A sedentary lifestyle is one factor that can be linked to diabetes. One recommendation for managing diabetes is to make a habit of physical activity.

102. Explain why the term “malnutrition” does not necessarily mean a person is suffering from a deficiency disease.

ANSWER: One form of malnutrition is actually overnutrition, Overnutrition occurs when a person consumes an excess of calories or nutrients that is severe enough to cause disease or increase the risk of disease.

103. List three of the leading causes of death that have been linked to diet.

ANSWER: Answers will vary. Leading causes of death that have been linked to diet are: heart disease, cancer, stroke, diabetes, hypertension.

104. Define the term *organic*. How do the properties of vitamins relate to their organic nature? Contrast these points with the properties of inorganic compounds such as minerals.

ANSWER: In chemistry, organic refers to substances or molecules containing carbon-carbon bonds or carbon-hydrogen bonds that are characteristic of living organisms. The four classes of nutrients that are organic are carbohydrates, lipids (fats), proteins, and vitamins.
Inorganic compounds or substances are those not containing carbon or pertaining to living organisms. The two classes of nutrients that are inorganic are minerals and water.

105. List five foods that you have eaten in the past week and indicate the possible factors that influenced those food choices. Make sure to choose foods that were influenced by different factors; answers should not list the

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same factors for each food given.

ANSWER: Answers will vary. Factors included in the student's response may include: Hunger, appetite, and food habits; nutrition knowledge, health beliefs/concerns, and practices; availability, convenience, and economy; advertising and the media; Early experiences, social interactions, and cultural traditions; Personal preference, taste, and psychological needs; values, such as political views, environmental concerns, and religious beliefs.

106. Lachlan read an article that suggests fasting several hours each day as a possible way to lose weight and improve health. Lachlan shares the story with you because you are taking a nutrition class. You warn Lachlan that there are many bogus nutrition stories in the media and that it's important to determine if an article is fictitious or factual. List four questions that Lachlan should ask to assess the credibility of the article.

ANSWER: Questions that should be considered when attempting to separate a bogus story from a legitimate nutritional news story include: Where is the study published? How recent is the study? What research methods were used to obtain the data? What was the size of the study? Who were the subjects? Does a consensus of published studies support the results reported in the news?

107. Explain how an individual's genetic, environmental, behavioral, and social factors work together to determine a person's likelihood of suffering from a degenerative disease.

ANSWER: Answers may vary. The following is an example:
A number of environmental, behavioral, social, and genetic factors work together to determine a person's likelihood of suffering from a degenerative disease. For example, diet notwithstanding, someone who smokes, does not exercise regularly, and has a parent who suffered a heart attack is more likely to end up with heart disease than a nonsmoker who works out regularly and does not have a close relative with heart disease. The way to alter disease risk is to concentrate on changing the daily habits that can be controlled. The results can be significant.

108. You want to provide healthy meals for your family, but you do not have a much time to prepare food or a large food budget for items like organic foods. List three actions you can take to help save money and time while providing healthy meals.

ANSWER: Things you can do to help save money and time while providing healthful meals for you and your family include:
1. Buy local foods and fresh foods in season. Use the local newspaper to find the best seasonal buys and special sale items. 2. Shop from a list to help avoid buying unnecessary items. Keep a running list in your kitchen and note items that you need to replace. 3. Read the ingredients list and Nutrition Facts label on packaged foods; compare amounts of fat, sodium, calories, and nutrients in similar products. Ingredients are listed in order of quantity. 4. Use "sell by" and "best if used by" dates to ensure quality and freshness. Buy only the amount you or your family will eat before the food spoils. 5. Shop the perimeter of the grocery store to find many fresh whole foods: fresh produce; low-fat dairy products; lean meats, poultry, and fish; and whole-grain breads. Maneuver down the aisles only for specific items on your list, such as canned tomato products, spices, and canned or dry beans.

109. Explain the purpose or goal of *Healthy People 2030* and list five of the objectives.

ANSWER: *Healthy People 2030* is a health promotion strategy for improving the health of people in the United States. The goal is to help all individuals achieve their full potential by attaining high-quality, longer lives free of preventable disease, by eliminating health disparities, by creating social and physical

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environments that promote good health, and by promoting healthy behaviors across the life span. Objectives are divided into four categories: nutrition and healthy eating, safe food handling, overweight and obesity, and physical activity. With regard to nutrition and healthy eating. the following objectives apply to persons aged 2 years and over: Increase consumption of fruits; increase consumption of total vegetables and specifically dark green vegetables, red and orange vegetables, and beans and peas. Increase consumption of whole grains, potassium, Vitamin D, and calcium. Reduce consumption of calories from saturated fats and added sugars and reduce sodium intake. Reduce iron deficiency among females aged 12 to 49 years. Reduce household food insecurity and in so doing reduce hunger.

With regard to safe food handling, objectives include reducing infections caused by key pathogens that commonly are transmitted through food. Increase the proportion of consumers who practice for specific safety behaviors for handling food, as well as improve food safety practices associated with foodborne illness in foodservice and retail establishments.

With regard to overweight and obesity, reduce the proportion of adults with obesity and increase the proportion of physician office visits by adults with obesity that include counseling or education related to weight reduction, nutrition, or physical activity.

With regard to physical activity, objectives include: Increase the proportion of adults who meet current minimum guidelines for aerobic and muscle-strengthening activity, as well the proportion of adults who walk or use a bicycle to get to and from places. Decrease the proportion of adults who engage in no leisure-time physical activity.

110. Describe how an early childhood experience related to food has affected your food choices now that you are older.

ANSWER: Answers will vary. As an example, a student may describe holiday food traditions involving recipes or rituals surrounding holiday meals passed from one generation to the next.

111. List three perceived barriers for healthy eating and then give specific examples for how a busy college student might work around each of these barriers to eat healthier.

ANSWER: Perceived barriers for healthful eating include: Healthful foods are not always available from fast-food and take-out restaurants. It costs more to eat healthful foods. I am too busy to take the time to eat healthfully. I hear too much conflicting information about which foods are good for me and which foods are not. Healthful foods do not taste as good. The people I usually eat with do not eat healthful foods. Examples of how to work around barriers will vary among students.

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