



Pool Canvas

Add, modify, and remove questions. Select a question type from the Add Question drop-down list and click **Go** to add questions. Use Creation Settings to establish which default options, such as feedback and images, are available for question creation.

Add [Creation Settings](#)

Name Chapter 1--An Overview of Nutrition

Description

Instructions

[Modify](#)

[◀ Add Question Here](#)

Question 1 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Features of a chronic disease include all of the following **except**

Answer

it develops slowly.

it lasts a long time.

it produces sharp pains.

it progresses gradually.

[◀ Add Question Here](#)

Question 2 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Characteristics of an acute disease include all of the following **except**

Answer

it develops quickly.

it progresses slowly.

it runs a short course.

it causes sharp symptoms.

[◀ Add Question Here](#)

Question 3 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What is the chief reason people choose the foods they eat?

Answer

Cost

Taste

Convenience

Nutritional value

[◀ Add Question Here](#)

Question 4 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

All of the following are results of making poor food choices **except**

Answer

over the long term, they will reduce lifespan in some people.

they can promote heart disease and cancer over the long term.

over the long term, they will not affect lifespan in some people.

when made over just a single day, they exert great harm to your health.

[◀ Add Question Here](#)

Question 5 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

A child who developed a strong dislike of noodle soup after consuming some when she was sick with flu is an example of a food-related

Answer

habit.

social interaction.

emotional turmoil.

negative association.

[◀ Add Question Here](#)

Question 6 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

A parent who offers a child a favorite snack as a reward for good behavior is displaying a food behavior known as

Answer

social interaction.

reverse psychology.

positive association.

habitual reinforcement.

[◀ Add Question Here](#)

Question 7 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

A person who eats a bowl of oatmeal for breakfast every day would be displaying a food choice most likely based on

- Answer**
- habit.
 - availability.
 - body image.
 - environmental concerns.

[◀ Add Question Here](#)

Question 8

Multiple Choice

0 points

[Modify](#)

[Remove](#)

Question

Which of the following represents a food choice based on negative association?

- Answer**
- A tourist from China who rejects a hamburger due to unfamiliarity
 - A child who spits out his mashed potatoes because they taste too salty
 - A teenager who grudgingly accepts an offer for an ice cream cone to avoid offending a close friend
 - An elderly gentleman who refuses a peanut butter and jelly sandwich because he deems it a child's food

[◀ Add Question Here](#)

Question 9

Multiple Choice

0 points

[Modify](#)

[Remove](#)

Question

The motive for a person who alters his diet due to religious convictions is most likely his

- Answer**
- values.
 - body image.
 - ethnic heritage.
 - functional association.

[◀ Add Question Here](#)

Question 10

Multiple Choice

0 points

[Modify](#)

[Remove](#)

Question

A person viewing an exciting sports match of her favorite team and eating because of nervousness would be displaying a food choice behavior most likely based on

- Answer**
- habit.
 - availability.
 - emotional comfort.
 - positive association.

[◀ Add Question Here](#)

Question 11

Multiple Choice

0 points

[Modify](#)

[Remove](#)

Question

Excluding fast-food establishments, approximately what percentage of restaurants in the United States show an ethnic emphasis?

- Answer**
- 15
 - 30
 - 45
 - 60

[◀ Add Question Here](#)

Question 12

Multiple Choice

0 points

[Modify](#)

[Remove](#)

Question

Terms that describe a food that provides health benefits beyond its nutrient contribution include all of the following **except**

- Answer**
- neutraceutical.
 - designer food.
 - functional food.
 - phytonutritional food.

[◀ Add Question Here](#)

Question 13

Multiple Choice

0 points

[Modify](#)

[Remove](#)

Question

What is the term that defines foods that contain nonnutrient substances whose known action in the body is to promote well-being to a greater extent than that contributed by the food's nutrients?

- Answer**
- Fortified foods
 - Enriched foods
 - Functional foods
 - Health enhancing foods

[◀ Add Question Here](#)

Question 14

Multiple Choice

0 points

[Modify](#)

[Remove](#)

Question

Nonnutrient substances found in plant foods that show biological activity in the body are commonly known as

Answer

- folionutrients.
- inorganic fibers.
- ✓ phytochemicals.
- phylllochemicals.

◀ [Add Question Here](#)

Question 15 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

The complete lining of a person's digestive tract is renewed approximately every

Answer

- ✓ 3-5 days.
- 3 weeks.
- 1-2 months.
- 6-12 months.

◀ [Add Question Here](#)

Question 16 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Approximately how much water (lbs) would be found in a 120-lb person?

Answer

- 12
- 24
- 36
- ✓ 72

◀ [Add Question Here](#)

Question 17 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

By chemical analysis, what nutrient is present in the highest amounts in most foods?

Answer

- Fats
- ✓ Water
- Proteins
- Carbohydrates

◀ [Add Question Here](#)

Question 18 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following is **not** one of the six classes of nutrients?

Answer

- ✓ Fiber
- Protein
- Minerals
- Vitamins

◀ [Add Question Here](#)

Question 19 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

A nutrient needed by the body and that must be supplied by foods is termed a(n)

Answer

- neutraceutical.
- metabolic unit.
- organic nutrient.
- ✓ essential nutrient.

◀ [Add Question Here](#)

Question 20 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Food energy is commonly expressed in kcalories and in

Answer

- ✓ kilojoules.
- kilograms.
- kilometers.
- kilonewtons.

◀ [Add Question Here](#)

Question 21 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

All of the following are classified as macronutrients **except**

Answer

- fat.
- protein.
- ✓ calcium.
- carbohydrate.

Question 22	Multiple Choice	0 points	Add Question Here
	Question		
	Which of the following is an example of a macronutrient?		
	Answer	<input checked="" type="checkbox"/> Protein <input type="checkbox"/> Calcium <input type="checkbox"/> Vitamin C <input type="checkbox"/> Vitamin D	Modify Remove
			Add Question Here
Question 23	Multiple Choice	0 points	Modify Remove
	Question		
	Which of the following is classified as a micronutrient?		
	Answer	<input checked="" type="checkbox"/> Iron <input type="checkbox"/> Protein <input type="checkbox"/> Alcohol <input type="checkbox"/> Carbohydrate	
			Add Question Here
Question 24	Multiple Choice	0 points	Modify Remove
	Question		
	Which of the following is an organic compound?		
	Answer	<input type="checkbox"/> Salt <input type="checkbox"/> Water <input type="checkbox"/> Calcium <input checked="" type="checkbox"/> Vitamin C	
			Add Question Here
Question 25	Multiple Choice	0 points	Modify Remove
	Question		
	Which of the following is characteristic of an essential nutrient?		
	Answer	<input type="checkbox"/> Cannot be found in food <input type="checkbox"/> Cannot be degraded by the body <input checked="" type="checkbox"/> Cannot be made in sufficient quantities by the body <input type="checkbox"/> Cannot be used to synthesize other compounds in the body	
			Add Question Here
Question 26	Multiple Choice	0 points	Modify Remove
	Question		
	Which of the following most accurately describes the term <i>organic</i> ?		
	Answer	<input type="checkbox"/> Products sold at health food stores <input type="checkbox"/> Products grown without use of pesticides <input type="checkbox"/> Foods having superior nutrient qualities <input checked="" type="checkbox"/> Substances with carbon-carbon or carbon-hydrogen bonds	
			Add Question Here
Question 27	Multiple Choice	0 points	Modify Remove
	Question		
	Which of the following is an organic nutrient?		
	Answer	<input checked="" type="checkbox"/> Fat <input type="checkbox"/> Water <input type="checkbox"/> Oxygen <input type="checkbox"/> Calcium	
			Add Question Here
Question 28	Multiple Choice	0 points	Modify Remove
	Question		
	Approximately how many nutrients are considered indispensable in the diet?		
	Answer	<input type="checkbox"/> 15 <input type="checkbox"/> 25 <input checked="" type="checkbox"/> 40 <input type="checkbox"/> 55	
			Add Question Here
Question 29	Multiple Choice	0 points	Modify Remove

Question

Which of the following **cannot** add fat to the body?

- Answer**
- Alcohol
 - Proteins
 - Carbohydrates
 - ✓ Inorganic nutrients

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 30 **Multiple Choice** **0 points**

Question

Which of the following is an example of a micronutrient?

- Answer**
- Fat
 - Protein
 - ✓ Vitamin C
 - Carbohydrate

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 31 **Multiple Choice** **0 points**

Question

Which of the following nutrients does **not** yield energy during its metabolism?

- Answer**
- Fat
 - Proteins
 - ✓ Vitamins
 - Carbohydrates

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 32 **Multiple Choice** **0 points**

Question

How much energy is required to raise the temperature of one kilogram (liter) of water 1° C?

- Answer**
- 10 calories
 - ✓ 1 kilocalorie
 - 10,000 calories
 - 1000 kilocalories

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 33 **Multiple Choice** **0 points**

Question

Gram for gram, which of the following provides the most energy?

- Answer**
- ✓ Fats
 - Alcohol
 - Proteins
 - Carbohydrates

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 34 **Multiple Choice** **0 points**

Question

Which of the following nutrient sources yields **more** than 4 kcalories per gram?

- Answer**
- ✓ Plant fats
 - Plant proteins
 - Animal proteins
 - Plant carbohydrates

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 35 **Multiple Choice** **0 points**

Question

International units of energy are expressed in

- Answer**
- newtons.
 - calories.
 - ✓ kilojoules.
 - kilocalories.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 36 **Multiple Choice** **0 points**

Question

Approximately how many milliliters are contained in a half-cup of milk?

- Answer**
- 50
 - 85
 - ✓ 120

[◀ Add Question Here](#)

Question 37 Multiple Choice 0 points

[Modify](#) [Remove](#)**Question**

Which of the following is a result of the metabolism of energy nutrients?

- Answer**
- Energy is released
 - Body fat increases
 - Energy is destroyed
 - Body water decreases

[◀ Add Question Here](#)

Question 38 Multiple Choice 0 points

[Modify](#) [Remove](#)**Question**

A normal half-cup vegetable serving weighs approximately how many grams?

- Answer**
- 5
 - 50
 - 100
 - 200

[◀ Add Question Here](#)

Question 39 Multiple Choice 0 points

[Modify](#) [Remove](#)**Question**

A weight reduction regimen calls for a daily intake of 1400 kcalories which includes 30 g of fat. Approximately what percentage of the total energy is contributed by fat?

- Answer**
- 8.5
 - 15
 - 19
 - 25.5

[◀ Add Question Here](#)

Question 40 Multiple Choice 0 points

[Modify](#) [Remove](#)**Question**A diet provides a total of 2200 kcalories, of which 40% of the **energy** is from fat and 20% from protein. How many **grams** of carbohydrate are contained in the diet?

- Answer**
- 220
 - 285
 - 440
 - 880

[◀ Add Question Here](#)

Question 41 Multiple Choice 0 points

[Modify](#) [Remove](#)**Question**

What is the kcalorie value of a meal supplying 110 g of carbohydrates, 25 g of protein, 20 g of fat, and 5 g of alcohol?

- Answer**
- 160
 - 345
 - 560
 - 755

[◀ Add Question Here](#)

Question 42 Multiple Choice 0 points

[Modify](#) [Remove](#)**Question**

Which of the following statements most accurately describes the composition of most foods?

- Answer**
- They contain only one of the three energy nutrients, although a few contain all of them
 - They contain equal amounts of the three energy nutrients, except for high-fat foods
 - They contain mixtures of the three energy nutrients, although only one or two may predominate
 - They contain only two of the three energy nutrients, although there are numerous other foods that contain only one

[◀ Add Question Here](#)

Question 43 Multiple Choice 0 points

[Modify](#) [Remove](#)**Question**In the body, the chemical energy in food can be converted to any of the following **except**

- Answer**
- heat energy.
 - light energy.
 - electrical energy.
 - mechanical energy.

[◀ Add Question Here](#)

Question 44 Multiple Choice 0 points

[Modify](#) [Remove](#)

Question

When consumed in excess, all of the following can be converted to body fat and stored **except**

Answer

- sugar.
- corn oil.
- alcohol.
- ✓ vitamin C.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 45 **Multiple Choice** **0 points**

Question

Which of the following is a feature of the minerals as nutrients?

Answer

- They are organic
- They yield 4 kcalories per gram
- ✓ Some become dissolved in body fluids
- Some may be destroyed during cooking

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 46 **Multiple Choice** **0 points**

Question

Which of the following is **not** a characteristic of the vitamins?

Answer

- Essential
- ✓ Inorganic
- Destructible
- kCalorie-free

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 47 **Multiple Choice** **0 points**

Question

How many vitamins are known to be required in the diet of human beings?

Answer

- 5
- 8
- 10
- ✓ 13

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 48 **Multiple Choice** **0 points**

Question

How many minerals are known to be required in the diet of human beings?

Answer

- 6
- 12
- ✓ 16
- 24

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 49 **Multiple Choice** **0 points**

Question

Which of the following is **not** a characteristic of the minerals?

Answer

- Yield no energy
- ✓ Unstable to light
- Stable in cooked foods
- Structurally smaller than vitamins

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 50 **Multiple Choice** **0 points**

Question

Overcooking a food is least likely to affect which of the following groups of nutrients?

Answer

- Vitamins
- ✓ Minerals
- Proteins
- Carbohydrates

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 51 **Multiple Choice** **0 points**

Question

Your friend Carrie took a daily supplement of vitamin C and stated that she felt a lot better. Her experience is best described as a(n)

Answer ✓ anecdote.
blind experiment.
nutritional genomic.
case-control experience.

◀ [Add Question Here](#)

Question 52 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question
The study of how a person's genes interact with nutrients is termed

Answer genetic counseling.
✓ nutritional genomics.
genetic metabolomics.
nutritional nucleic acid pool.

◀ [Add Question Here](#)

Question 53 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question
What is the benefit of using controls in an experiment?

Answer The size of the groups can be very large
The subjects do not know anything about the experiment
The subjects who are treated are balanced against the placebos
✓ The subjects are similar in all respects except for the treatment being tested

◀ [Add Question Here](#)

Question 54 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question
What is the benefit of using a large sample size in an experiment?

Answer ✓ Chance variation is ruled out
There will be no placebo effect
The experiment will be double-blind
The control group will be similar to the experimental group

◀ [Add Question Here](#)

Question 55 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question
What is the benefit of using placebos in an experiment?

Answer All subjects are similar
✓ All subjects receive a treatment
Neither subjects nor researchers know who is receiving treatment
One group of subjects receives a treatment and the other group receives nothing

◀ [Add Question Here](#)

Question 56 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question
You have been asked to help a top nutrition researcher conduct human experiments on vitamin C. As the subjects walk into the laboratory, you distribute all the vitamin C pill bottles to the girls and all the placebo pill bottles to the boys. The researcher instantly informs you that there are **two** errors in your research practice. What steps should you have done differently?

Answer Given all the boys the vitamin C and the girls the placebo, and told them what they were getting
Distributed the bottles randomly, randomized the subjects, and told them what they were getting
Told the subjects which group they were in and prevented yourself from knowing the contents of the pill bottles
✓ Prevented yourself from knowing what was in the pill bottles, and distributed the bottles randomly to the subjects

◀ [Add Question Here](#)

Question 57 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question
In the scientific method, a tentative solution to a problem is called the

Answer theory.
prediction.
✓ hypothesis.
correlation.

◀ [Add Question Here](#)

Question 58 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question
In nutrition research, observations of the quantities and types of foods eaten by groups of people and the health status of those groups are known as

Answer

- ✓ case-control studies.
- ✓ epidemiological studies.
- human intervention trials.
- correlation-control studies.

[◀ Add Question Here](#)

Question 59 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

What is the meaning of a double-blind experiment?

Answer

- Both subject groups take turns getting each treatment
- ✓ Neither subjects nor researchers know which subjects are in the control or experimental group
- Neither group of subjects knows whether they are in the control or experimental group, but the researchers do know
- Both subject groups know whether they are in the control or experimental group, but the researchers do not know

[◀ Add Question Here](#)

Question 60 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

Among the following, which is the major weakness of a laboratory-based study?

Answer

- The costs are usually high
- It is difficult to replicate the findings
- ✓ The results cannot be applied to human beings
- Experimental variables cannot be easily controlled

[◀ Add Question Here](#)

Question 61 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

A clinical trial must involve

Answer

- tissue cells in culture.
- rats or mice as subjects.
- ✓ human beings as subjects.
- computer modeling to design the study.

[◀ Add Question Here](#)

Question 62 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

Overeating and gaining body weight is an example of a

Answer

- variable effect.
- ✓ positive correlation.
- negative correlation.
- randomization effect.

[◀ Add Question Here](#)

Question 63 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

An increase in exercise accompanied by a decrease in body weight is an example of a

Answer

- variable effect.
- positive correlation.
- ✓ negative correlation.
- randomization effect.

[◀ Add Question Here](#)

Question 64 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

Before publication in a reputable journal, the findings of a research study must undergo scrutiny by experts in the field according to a process known as

Answer

- ✓ peer review.
- cohort review.
- intervention examination.
- double-blind examination.

[◀ Add Question Here](#)

Question 65 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

All of the following sets of values are included in the Dietary Reference Intakes **except**

Answer

- AI.
- RDA.
- EAR.
- ✓ LUT.

[◀ Add Question Here](#)Question 66 **Multiple Choice** **0 points**[Modify](#) [Remove](#)**Question**Which of the following is **not** a set of values within the Dietary Reference Intakes?**Answer**

- Adequate Intakes
- Estimated Average Allowances
- Tolerable Upper Intake Levels
- Recommended Dietary Allowances

[◀ Add Question Here](#)Question 67 **Multiple Choice** **0 points**[Modify](#) [Remove](#)**Question**

The smallest amount of a nutrient that is consumed over a prolonged period that maintains a specific function is called the nutrient

Answer

- allowance.
- requirement.
- tolerable limit.
- adequate intake.

[◀ Add Question Here](#)Question 68 **Multiple Choice** **0 points**[Modify](#) [Remove](#)**Question**

A health magazine contacted you for your expert opinion on what measure best describes the amounts of nutrients that should be consumed by the population. Your reply should be:

Answer

- The Dietary Reference Intakes because they are a set of nutrient intake values for healthy people in the United States and Canada.
- The Tolerable Upper Intake levels because they are the maximum daily amount of a nutrient that appears safe for most healthy people.
- The Estimated Average Requirements because they reflect the average daily amount of a nutrient that will maintain a specific function in half of the healthy people of a population.
- The Recommended Dietary Allowances because they represent the average daily amount of a nutrient considered adequate to meet the known nutrient needs of practically all healthy people.

[◀ Add Question Here](#)Question 69 **Multiple Choice** **0 points**[Modify](#) [Remove](#)**Question**If a group of people consumed an amount of protein equal to the average **requirement** for their population group, what percentage would receive insufficient amounts?**Answer**

- 2
- 33
- 50
- 98

[◀ Add Question Here](#)Question 70 **Multiple Choice** **0 points**[Modify](#) [Remove](#)**Question**

Recommended Dietary Allowances may be used to

Answer

- measure nutrient balance of population groups.
- assess dietary nutrient adequacy for individuals.
- treat persons with diet-related illnesses.
- calculate exact food requirements for most individuals.

[◀ Add Question Here](#)Question 71 **Multiple Choice** **0 points**[Modify](#) [Remove](#)**Question**

Recommended Dietary Allowances are based on the

Answer

- Lower Tolerable Limit.
- Upper Tolerable Limit.
- Subclinical Deficiency Value.
- Estimated Average Requirement.

[◀ Add Question Here](#)Question 72 **Multiple Choice** **0 points**[Modify](#) [Remove](#)**Question**

The amount of a nutrient that meets the needs of about 98% of a population is termed the

Answer

- Adequate Intake.
- Daily Recommended Value.
- Tolerable Upper Intake Level.

✓ Recommended Dietary Allowance.

[◀ Add Question Here](#)

Question 73 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

The RDA (Recommended Dietary Allowances) for nutrients are generally

- Answer**
- more than twice as high as anyone needs.
 - the minimum amounts that average people need.
 - ✓ designed to meet the needs of almost all healthy people.
 - designed to prevent deficiency diseases in half the population.

[◀ Add Question Here](#)

Question 74 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

How are the RDA for almost all vitamin and mineral intakes set?

- Answer**
- Low, to reduce the risk of toxicity
 - ✓ High, to cover virtually all healthy individuals
 - Extremely high, to cover every single person
 - At the mean, to cover most healthy individuals

[◀ Add Question Here](#)

Question 75 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following is **not** a feature of the Adequate Intake (AI) and the Recommended Dietary Allowance (RDA)?

- Answer**
- Both values exceed the average requirements
 - AI values are more tentative than RDA values
 - ✓ The percentage of people covered is known for both values
 - Both values may serve as nutrient intake goals for individuals

[◀ Add Question Here](#)

Question 76 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

All of the following features are shared by the RDA and the AI **except**

- Answer**
- both are included in the DRI.
 - both serve as nutrient intake goals for individuals.
 - neither covers 100% of the population's nutrient needs.
 - ✓ neither is useful for evaluating nutrition programs for groups of people.

[◀ Add Question Here](#)

Question 77 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following is a purpose of both the Recommended Dietary Allowance and Adequate Intake?

- Answer**
- ✓ Setting nutrient goals for individuals
 - Identifying toxic intakes of nutrients
 - Restoring health of malnourished individuals
 - Developing nutrition programs for schoolchildren

[◀ Add Question Here](#)

Question 78 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Bob consumes about 2500 kcalories per day, which is apportioned as 150 g of fat, 140 g of carbohydrate, and 150 g of protein. What would be the appropriate revisions to help Bob adjust his nutrient intake so that it matches the Acceptable Macronutrient Distribution Ranges?

- Answer**
- ✓ 70 g fat, 156 g protein, 313 g carbohydrate
 - 140 g fat, 150 g protein, 150 g carbohydrate
 - 500 g fat, 750 g protein, 1250 g carbohydrate
 - 10 g fat, 20 g protein, 45 g carbohydrate

[◀ Add Question Here](#)

Question 79 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following represents a rationale for setting the recommendation for energy?

- Answer**
- Because protein is an energy nutrient, the figures for energy intake are set in proportion to protein intake
 - Because a large number of people are overweight, the figures are set to induce a gradual weight loss in most individuals
 - Because the energy needs within each population group show little variation, the figures are set to meet the needs of almost all individuals

- ✓ Because a margin of safety would result in excess energy intake for a large number of people, the figures are set at the average energy intake

[Add Question Here](#)

Question 80 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What does the Tolerable Upper Intake Level of a nutrient represent?

- Answer**
- The maximum amount allowed for fortifying a food
 - A number calculated by taking twice the RDA or three times the AI
 - The maximum allowable amount available in supplement form
 - ✓ The maximum amount from all sources that appears safe for most healthy people

[Add Question Here](#)

Question 81 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What set of values is used to recommend the average kcalorie intake that maintains population groups in energy balance?

- Answer**
- ✓ Estimated Energy Requirement
 - Adequate Average Requirement
 - Recommended Dietary Allowance
 - Acceptable Energy Distribution Range

[Add Question Here](#)

Question 82 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

The percentage of kcalorie intakes for protein, fat, and carbohydrate that are thought to reduce the risk of chronic diseases are termed the

- Answer**
- Estimated Energy Requirements.
 - Tolerable Range of Kilocalorie Intakes.
 - Estimated Energy Nutrient Recommendations.
 - ✓ Acceptable Macronutrient Distribution Ranges.

[Add Question Here](#)

Question 83 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What is the AMDR for carbohydrate?

- Answer**
- 5-10%
 - 15-25%
 - 30-40%
 - ✓ 45-65%

[Add Question Here](#)

Question 84 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following figures falls within the carbohydrate range of the AMDR?

- Answer**
- 35%
 - ✓ 50%
 - 70%
 - 90%

[Add Question Here](#)

Question 85 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What is the AMDR for protein?

- Answer**
- ✓ 10-35%
 - 40-45%
 - 50-65%
 - 70-85%

[Add Question Here](#)

Question 86 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What is the upper range of fat intake in the AMDR?

- Answer**
- 20%
 - 25%
 - ✓ 35%
 - 50%

[Add Question Here](#)

Question 87 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What is the AMDR for fat?

- Answer**
- 10-30%
 - ✓ 20-35%
 - 40-55%
 - 60-75%

[◀ Add Question Here](#)

Question 88 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

If a person consumed the upper AMDR limit for protein as part of a diet containing 2500 kcalories, approximately how many **grams** of protein would be ingested?

- Answer**
- 41
 - 63
 - 135
 - ✓ 219

[◀ Add Question Here](#)

Question 89 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What is the weight (lbs) of the "reference" adult male?

- Answer**
- ✓ 154
 - 165
 - 172
 - 179

[◀ Add Question Here](#)

Question 90 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What is the weight (lbs) of the "reference" adult female?

- Answer**
- 110
 - ✓ 126
 - 132
 - 139

[◀ Add Question Here](#)

Question 91 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

All of the following describe features for application of the recommended nutrient intakes **except**

- Answer** ✓ the recommendations also apply to sick people.
- the recommendations are designed to be met through intake of foods and not supplements.
 - it is difficult and unnecessary to meet the recommended intakes for all nutrients each day.
 - the recommendations are neither minimum requirements nor necessarily optimal intakes for everybody.

[◀ Add Question Here](#)

Question 92 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

The Dietary Reference Intakes may be used to

- Answer**
- treat people with diet-related disorders.
 - assess adequacy of all required nutrients.
 - ✓ plan and evaluate diets for healthy people.
 - assess adequacy of only vitamins and minerals.

[◀ Add Question Here](#)

Question 93 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following is used to detect nutrient deficiencies?

- Answer** ✓ Assessment techniques
- Nutrient stages identification
 - Overt symptoms identification
 - Outward manifestations assessment

[◀ Add Question Here](#)

Question 94 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

As a registered dietitian at Jones Hospital, you are instructed to write a policy statement on nutrition assessment procedures for all new patients. Which of the following are the most useful parameters for the nutrition assessment of individuals?

- Answer**
- Diet recall, food likes and dislikes, allergies, favorite family recipes
 - Anthropometric data, physical examinations, food likes and dislikes, family tree
 - Diet record that includes what the patient usually eats, which will provide sufficient information
 - ✓ Historical information, anthropometric data, physical examinations, laboratory tests

[◀ Add Question Here](#)

Question 95 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

Inspection of hair, eyes, skin, and posture is part of the nutrition assessment component known as

- Answer**
- diet history.
 - anthropometrics.
 - biochemical testing.
 - ✓ physical examination.

[◀ Add Question Here](#)

Question 96 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

Which of the following is an anthropometric measure?

- Answer**
- ✓ Body weight
 - Blood pressure
 - Blood iron level
 - Food intake information

[◀ Add Question Here](#)

Question 97 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

Which of the following is used to determine the presence of abnormal functions inside the body due to a nutrient deficiency?

- Answer**
- Diet history
 - ✓ Laboratory tests
 - Body weight loss
 - Physical examination

[◀ Add Question Here](#)

Question 98 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

Which of the following represents the usual sequence of stages in the development of a nutrient deficiency resulting from inadequate intake?

- Answer**
- ✓ Declining nutrient stores, abnormal functions within the body, and overt signs
 - Abnormal functions within the body, declining nutrient stores, and overt signs
 - Abnormal functions within the body, overt signs, and declining nutrient stores
 - Declining nutrient stores, overt signs, and abnormal functions within the body

[◀ Add Question Here](#)

Question 99 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

Which of the following would most likely lead to a primary nutrient deficiency?

- Answer**
- ✓ Inadequate nutrient intake
 - Reduced nutrient absorption
 - Increased nutrient excretion
 - Increased nutrient destruction

[◀ Add Question Here](#)

Question 100 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

What type of deficiency is caused by inadequate absorption of a nutrient?

- Answer**
- Primary
 - Clinical
 - ✓ Secondary
 - Subclinical

[◀ Add Question Here](#)

Question 101 **Multiple Choice** **0 points**

[Modify](#) | [Remove](#)

Question

A subclinical nutrient deficiency is defined as one that

- Answer**
- shows overt signs.
 - ✓ is in the early stages.
 - shows resistance to treatment.
 - is similar to a secondary deficiency.

Question 102	Multiple Choice	0 points	◀ Add Question Here Modify Remove
<p>Question Which of the following is an overt symptom of iron deficiency?</p> <p>Answer</p> <ul style="list-style-type: none"> Anemia ✓ Headaches Skin dryness Decreased red blood cell count 			
Question 103	Multiple Choice	0 points	◀ Add Question Here Modify Remove
<p>Question To identify early-stage malnutrition, a health professional would use which of the following parameters?</p> <p>Answer</p> <ul style="list-style-type: none"> ✓ Laboratory tests Anthropometric data Physical exam results Review dietary intake data 			
Question 104	Multiple Choice	0 points	◀ Add Question Here Modify Remove
<p>Question What entity coordinates nutrition-related activities of federal agencies?</p> <p>Answer</p> <ul style="list-style-type: none"> U.S. Public Health Service Food and Drug Administration Dietary Reference Intakes committee ✓ The National Nutrition Monitoring program 			
Question 105	Multiple Choice	0 points	◀ Add Question Here Modify Remove
<p>Question The goal of Healthy People 2010 is to</p> <p>Answer</p> <ul style="list-style-type: none"> establish the DRI. identify national trends in food consumption. identify leading causes of death in the United States ✓ set goals for the nation's health over the next 10 years. 			
Question 106	Multiple Choice	0 points	◀ Add Question Here Modify Remove
<p>Question Factors known to be related to a disease but not proven to be causal are called</p> <p>Answer</p> <ul style="list-style-type: none"> ✓ risk factors. genetic factors. degenerative factors. environmental factors. 			
Question 107	Multiple Choice	0 points	◀ Add Question Here Modify Remove
<p>Question The most common causes of death today in the United States include all of the following except</p> <p>Answer</p> <ul style="list-style-type: none"> cancer. diabetes. ✓ tuberculosis. diseases of the heart and blood vessels. 			
Question 108	Multiple Choice	0 points	◀ Add Question Here Modify Remove
<p>Question Of the ten leading causes of illness and death, how many are associated directly with nutrition?</p> <p>Answer</p> <ul style="list-style-type: none"> 1 ✓ 4 7 10 			
Question 109	Multiple Choice	0 points	◀ Add Question Here Modify Remove

Question

Which of the following leading causes of death in the U.S. does **not** bear a relationship to diet?

Answer

- Cancer
- Heart disease
- Diabetes mellitus
- ✓ Pneumonia and influenza

[◀ Add Question Here](#)

Question 110 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following statements defines the association between a risk factor and the development of a disease?

Answer

- All people with the risk factor will develop the disease
- The absence of a risk factor guarantees freedom from the disease
- ✓ The more risk factors for a disease, the greater the chance of developing that disease
- The presence of a factor such as heredity can be modified to lower the risk of degenerative diseases

[◀ Add Question Here](#)

Question 111 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

What behavior is the major cause of death in the United States?

Answer

- Poor diet
- ✓ Tobacco use
- Alcohol intake
- Sexual activity

[◀ Add Question Here](#)

Question 112 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following factors makes the greatest contribution to deaths in the United States?

Answer

- Guns
- Alcohol
- ✓ Tobacco
- Automobiles

[◀ Add Question Here](#)

Question 113 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Who would be the most appropriate person to consult regarding nutrition information?

Answer

- Chiropractor
- Medical doctor
- ✓ Registered dietitian
- Health food store manager

[◀ Add Question Here](#)

Question 114 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following describes the legal limitations, if any, for a person who disseminates dietary advice to the public?

Answer

- The title "dietitian" can be used by anyone in all states
- The title "nutritionist" can be used by anyone in all states
- ✓ A license to practice as a nutritionist or dietitian is required by some states
- A license to practice as a nutritionist or dietitian is mandatory in all states

[◀ Add Question Here](#)

Question 115 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

For which of the following titles, by definition, must the individual be college-educated and pass a national examination administered by the American Dietetics Association?

Answer

- Medical Doctor
- ✓ Registered Dietician
- Certified Nutritionist
- Certified Nutrition Therapist

[◀ Add Question Here](#)

Question 116 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following individuals is most likely to possess the **least** amount of nutrition training?

- Answer**
- Dietetic Technician
 - Registered Dietician
 - ✓ Certified Nutritionist
 - Dietetic Technician, Registered

[◀ Add Question Here](#)

Question 117 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

Which of the following best describes a college-educated nutrition and food specialist who is qualified to make evaluations of the nutritional health of people?

- Answer**
- ✓ Registered dietitian
 - Licensed nutritionist
 - Master of nutrient utilization
 - Doctor of food and nutritional sciences

[◀ Add Question Here](#)

Question 118 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

All of the following are minimum requirements for becoming a Registered Dietitian **except**

- Answer**
- earning an undergraduate degree.
 - ✓ completing up to a three-week clinical internship or the equivalent.
 - completing approximately 60 semester hours in nutrition and food science.
 - passing a national examination administered by the American Dietetic Association.

[◀ Add Question Here](#)

Question 119 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

A person who assists registered dietitians has the formal title of

- Answer**
- dietetic assistant.
 - nutrition assistant.
 - ✓ dietetic technician.
 - nutrition technician.

[◀ Add Question Here](#)

Question 120 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question

All of the following are recognized, credible sources of nutrition information **except**

- Answer**
- ✓ Who's Who in Nutrition.
 - the Food and Drug Administration.
 - the American Dietetic Association.
 - the United States Department of Agriculture.

[◀ Add Question Here](#)

Question 121 **Matching** **0 points**

[Modify](#) [Remove](#)

Question

Match each of the following options to a phrase below:

Answer Match Question Items

- L. - A. Substance containing no carbon or not pertaining to living things
- D. - B. Number of indispensable nutrients for human beings
- J. - C. Most substances containing carbon-hydrogen bonds
- I. - D. Substance containing nitrogen
- E. - E. Energy (kcal) required to increase temperature of 1 kg of water from 0°C to 10°C
- G. - F. Nutrient with the highest body concentration
- F. - G. Nutrient with the highest energy density
- C. - H. Energy (kcal) yield of five grams of sugar
- A. - I. Energy (kcal) yield of one gram of alcohol
- N. - J. A water-soluble vitamin
- B. - K. Number of indispensable minerals for human beings
- K. - L. An inert medication
- M. - M. A fat-soluble nutrient
- H. - N. The recommended intake is set at the population mean
- P. - O. Excess nutrient intake leads to this
- O. - P. Deficient nutrient intake leads to this
- Q. - Q. Measurement of physical characteristics
- S. - R. Inspection of skin, tongue, eyes, hair, and fingernails
- R. - S. A nutrient deficiency showing outward signs

Answer Items

- A. 7
- B. 16
- C. 20
- D. 40
- E. 100
- F. Fat
- G. Water
- H. Energy
- I. Protein
- J. Organic
- K. Placebo
- L. Inorganic
- M. Vitamin A
- N. Vitamin C
- O. Undernutrition
- P. Overnutrition
- Q. Anthropometrics
- R. Overt deficiency
- S. Physical examination

T. - T. A nutrient deficiency in the early stages

T. Subclinical deficiency

Question 122	Essay	0 points	Add Question Here Modify Remove
	Question		
	Describe six behavioral or social motives governing people's food choices.		
	Answer	Answer not provided.	
Question 123	Essay	0 points	Add Question Here Modify Remove
	Question		
	Explain how food choices are influenced by habits, emotions, physical appearance, and ethnic background.		
	Answer	Answer not provided.	
Question 124	Essay	0 points	Add Question Here Modify Remove
	Question		
	Discuss some of the consequences of eating in response to emotions.		
	Answer	Answer not provided.	
Question 125	Essay	0 points	Add Question Here Modify Remove
	Question		
	Define the term <i>organic</i> . How do the properties of vitamins relate to their organic nature? Contrast these points with the properties of inorganic compounds such as minerals.		
	Answer	Answer not provided.	
Question 126	Essay	0 points	Add Question Here Modify Remove
	Question		
	Explain the importance of the placebo and the double-blind technique in carrying out research studies.		
	Answer	Answer not provided.	
Question 127	Essay	0 points	Add Question Here Modify Remove
	Question		
	List the strengths and weaknesses of epidemiological studies, laboratory-based studies, and clinical trials.		
	Answer	Answer not provided.	
Question 128	Essay	0 points	Add Question Here Modify Remove
	Question		
	What approach is taken in setting recommendations for energy intakes? Why is this approach taken? How does this approach differ from that taken for other nutrients?		
	Answer	Answer not provided.	
Question 129	Essay	0 points	Add Question Here Modify Remove
	Question		
	Describe the steps involved in establishing nutrient values that make up the Dietary Reference Intakes.		
	Answer	Answer not provided.	
Question 130	Essay	0 points	Add Question Here Modify Remove
	Question		
	Compare and contrast the meaning of Adequate Intakes, Recommended Dietary Allowances, Estimated Average Requirements, and Tolerable Upper Intake Levels for nutrients.		
	Answer	Answer not provided.	
Question 131	Essay	0 points	Add Question Here Modify Remove
	Question		
	Compare and contrast the rationales underlying dietary recommendations for individuals versus those for populations.		
	Answer	Answer not provided.	
Question 132	Essay	0 points	Add Question Here Modify Remove
	Question		
	List and discuss four methods commonly used to assess nutritional status of individuals.		
	Answer	Answer not provided.	
Question 133	Essay	0 points	Add Question Here Modify Remove

Question

Discuss how the results from national nutrition surveys are used by private and government agencies and groups.

Answer Answer not provided.

◀ [Add Question Here](#)

Question 134 **Essay** **0 points**

[Modify](#) | [Remove](#)

Question

List the national trends of food consumption over the past 30 years.

Answer Answer not provided.

◀ [Add Question Here](#)

Question 135 **Essay** **0 points**

[Modify](#) | [Remove](#)

Question

List 10 goals of the Healthy People 2010 program. How successful is the program thus far?

Answer Answer not provided.

◀ [Add Question Here](#)

Question 136 **Essay** **0 points**

[Modify](#) | [Remove](#)

Question

Discuss the meaning and significance of the relationships between risk factors and chronic diseases.

Answer Answer not provided.

◀ [Add Question Here](#)

Question 137 **Essay** **0 points**

[Modify](#) | [Remove](#)

Question

List ways to identify a reliable nutrition information website.

Answer Answer not provided.

◀ [Add Question Here](#)

Question 138 **Essay** **0 points**

[Modify](#) | [Remove](#)

Question

- A. Explain the education and training requirements associated with obtaining registration as a dietitian.
- B. List several career areas in which registered dietitians are often employed.

Answer Answer not provided.

◀ [Add Question Here](#)

Question 139 **Essay** **0 points**

[Modify](#) | [Remove](#)

Question

- A. List techniques that help identify nutrition quackery.
- B. Where can you find reliable sources of nutrition information?

Answer Answer not provided.

◀ [Add Question Here](#)

OK