Wardlaws Contemporary Nutrition 10th edition Smith Test Bank

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Chapter 02
Guidelines for Designing a Healthy Diet

Multiple Choice Questions

1. The RDAs for nutrients are set
A. to cover the needs of 97% - 98% of the population.
B. based on the dietary intakes of people who appear to be maintaining nutritional health.
C. by the FDA for food labeling purposes.
D.

based on a person's height and weight.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

2. Which of the following is true about the way we should eat to achieve good nutritional status?
A. Eat fruits and vegetables because we can get all the nutrients we need from these.
B. Do the best we can but take supplements to fill in the deficient areas.
C. Eat a wide variety of foods because no single natural food meets all human nutrient needs.
D. Eat only plant products because animal products are bad and generally filled with hormones for animal growth.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

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3. Which meal contains foods from all food groups represented in MyPlate?
A. Chef's salad containing ham, lettuce, an egg, Thousand Island dressing, and croutons; bagel; apple; and soft drink
B. Steak, baked potato with margarine, broccoli, salad with oil and vinegar dressing, milk
C. Refried beans, onions, tomatoes, and cheddar cheese wrapped in a tortilla; orange; and water
D. Pasta, marinara (tomato) sauce with clams, house salad with vegetables, Italian bread with butter, and wine

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

4.

Ann Miles, a triathlete, wants to eat a health-promoting diet and achieve dietary adequacy. Which of the following behaviors exemplifies the concept of dietary moderation?

A. Eat only unprocessed plant products.
B. Consume a variety of foods from MyPlate's five major food groups every day.
C. Eat only "good" foods such as fruits and vegetables and avoid the "bad" foods such as steak and ice cream.
D.

Plan to eat something relatively low in fat and sodium for dinner if she had a breakfast that was high in fat and sodium.

Blooms Level: 3. Apply
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Public health and nutrition

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5. Which statement best describes the healthful diet principle of moderation?
A. Choose a number of different foods within any given food group rather than the "same old thing."
B. Consume a variety of foods from MyPlate's five major food groups every day.
C. Pay attention to portion size and plan your entire day's diet so that you don't overconsume nutrient sources.
D. Consume foods that have the most nutrition for their kilocalories.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

6. Which statement best describes nutrient density?
A. Choose a number of different foods within any given food group rather than the "same old thing."
B.

Consume a variety of foods from MyPlate's five major food groups every day.

C. Plan your entire day's diet so that you don't overconsume nutrient sources.
D.

Consume foods that have the most nutrients when compared to their kilocalories.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

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7. Measurements of height, weight, body circumferences, and body fat are called
A. sonography.
B. electrocardiography.
C. echocardiography.
D. anthropometry.

Blooms Level: 1. Remember
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

8. Which of the following measures does NOT assess nutritional status?
A. Dietary analysis
B. Biochemical evaluation
C. Clinical evaluation
D. Psychoanalysis

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

9. The acronym RDA stands for
A. Recommended Dietary Allowance.
B. Recommended Daily Allowance.
C. Required Dietary Allowance.
D. Required Daily Allowance.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

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10. Which term describes failing health that results from a long-standing dietary intake that is inadequate to meet nutritional needs?
A. Desirable nutrition
B. Balanced nutrition
C. Undernutrition
D. Inferior nutrition

Blooms Level: 1. Remember
Learning Outcome: 02.04 Describe the three states of nutritional health.
Section: 02.04 States of Nutritional Health
Topic: Nutrition monitoring and assessment

11. The RDAs are considered to be adequate to meet the known nutritional needs of
A. all persons except the very young and very old.
B. all persons except pregnant and lactating women.
C. nearly all healthy persons.
D. all persons diseased and healthy.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

12. The RDAs for nutrients generally are
A. the minimum amounts the average adult male requires.
B. more than twice the requirements.
C. designed to prevent deficiency disease in half the population.
D. designed to be adequate for almost all healthy people.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
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13. Tina is consuming 15 mg of iron per day. Her RDA is 18 mg. She has no condition warranting a greater-than-normal need for iron. Which of the following statements is true about her consumption of this nutrient?
A. She is likely to be deficient in iron.
B. She will need to consume significantly more iron, above the RDA, to make up for her intake.
C. Only if her intake is consistently less than 70% of the RDA would she be at great risk of nutritional deficiency.
D. She couldn't possibly be getting enough iron for her needs.

Blooms Level: 5. Evaluate
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

14. Adequate Intakes (AI)
A. are established for nutrients for which there is not enough information to set RDAs.
B. are established for carbohydrate, total fat, and dietary fiber.
C. represent minimum nutrient needs.
D. are established for all vitamins and minerals.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

15. You pick up a box of Cheerios cereal in the supermarket. The Nutrition Facts panel tells you that a 1-cup serving provides 25 percent of the _____ for iron.
A. RDA
B. Daily Value
C. Minimum Requirement
D. ESADDI

Blooms Level: 3. Apply
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

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16. One serving of Raisin Bran cereal contains 50 percent of the 18 mg Daily Value for iron. How much iron will one serving of your cereal provide?
A. 5 mg
B. 9 mg
C. 15 mg
D. 36 mg

Blooms Level: 3. Apply
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

17. A food label states that a serving of a particular product provides 20 percent of the Daily Value for fat. This means that
A. when you eat a serving of this product, you will be getting 20 percent of the RDA for fat.
B. a serving of this product provides about 13 grams of fat.
C. you should eat more of the product to get the amount of fat you need that would equal 100 percent of the Daily Value.
D. you should eat more of the product to get the amount of fat you need that would equal 100 percent of the RDA.

Blooms Level: 2. Understand
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: Nutrition and Your Health
Topic: Dietary requirements

18. The term "Daily Values" on a food label refers to
A. a generic standard set at or close to the highest RDA value or related nutrient standard.
B. RDAs.
C. minimum requirements.
D. AIs.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

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19. The label on a package of Kool Aid indicates that it contains vitamin C. The amount listed is a percentage of the
A. Daily Value.
B. RDA.
C. minimum requirement.
D. AI.

Blooms Level: 2. Understand
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Food and supplement labeling

20. According to MyPlate, consumption of foods from the Grains group should include
A. an equal amount of whole grain and refined grain products.
B. at least half of the grain servings as whole grain cereals, breads, crackers, rice, or pasta every day.
C. only whole grain products.
D. a serving of grain products at each meal.

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

21. According to MyPlate, an adult age 18 or older should consume how many cups of milk or milk equivalents per day on a 2,000-calorie diet?
A. 1
B. 2
C. 3
D. 4

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

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22. EER refers to
A. a set of nutrient recommendations that includes RDAs, AIs, and ULs.
B. estimated calorie needs for the average person of a specific height, weight, age, gender, and physical activity pattern.
C. a person's actual calorie needs, as measured by calorimetry.
D. the level of dietary intake of a nutrient that is likely to meet the needs of nearly all healthy individuals in a particular life stage and gender group.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

23. Which of the following is NOT a true statement about the MyPlate Fruit group?
A. Eat 2 cups every day for every 2000 kcal.
B. Eat a variety of fruit.
C. Include plenty of fruit juices for your fruit servings.
D. Choose fresh, frozen, canned, or dried fruit.

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

24. According to MyPlate, how much do you need from the Protein Foods group when consuming a 2,000-calorie diet?
A. 2 to 3 ounce-equivalents every day
B. 4 ounce-equivalents every day
C. 5 1/2 ounce-equivalents every day
D. 10 ounce-equivalents every day

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

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25. Which of the following is true about the use of MyPlate?
A. The guide applies to infants.
B. Milk and meat are essential to good nutrition.
C. Variety is the key to the plan.
D. The guide does not permit use of fats, oils, and sweets.

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

26. Margaret, an elderly woman, needs to limit her kilocalorie intake without sacrificing needed nutrients. Keeping in mind MyPlate, which of the following could she do?
A.

Eliminate carbohydrates.

B. Carefully select foods rich in nutrients but low in kilocalories.
C. Count kilocalories and not worry about the food groups.
D. Eliminate dairy foods.

Blooms Level: 3. Apply
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

27. Which of the following is NOT a wise application of MyPlate?
A. Using low-fat and nonfat choices for milk and cheese
B. Including several servings of vegetable proteins per week
C. Using whole grain breads and cereals
D. Eliminating foods from the Fruits group to lose weight

Blooms Level: 3. Apply
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

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28. Nutrient density can be defined as the amount of
A. a particular nutrient in a serving of food divided by the number of kilocalories in that serving.
B. a particular nutrient in a serving of food divided by the number of grams of protein.
C. kilocalories in a food divided by the amount of kilocalories needed in a day.
D. a nutrient in a serving of food divided by the amount of the nutrient needed for that day.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

29. One cup of apple juice has 111 kilocalories and 1.4 mg of vitamin C. The same serving size of orange juice has 112 kilocalories and 124 mg of vitamin C. Which of the following is true regarding their nutrient density?
A. Apple juice is more nutrient dense for vitamin C than orange juice.
B. To get adequate vitamin C while watching kilocalorie intake, it would be better to consume apple juice than orange juice.
C. Apple juice provides more vitamin C per kilocalorie than orange juice.
D. Orange juice is more nutrient dense for vitamin C than apple juice.

Blooms Level: 5. Evaluate
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

30. The acronym DRI stands for
A. Dietary Required Intake.
B. Dietary Reference Intake.
C. Daily Required Intake.
D. Daily Reference Intake.

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

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31. The 2010 Dietary Guidelines for Americans recommend which of the following?
A.

Consume fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains.

B. Consume two alcoholic beverages per day
C. Eliminate oils and solid fats from the diet.
D. Decrease vegetable and fruit intake.

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

32. The 2010 Dietary Guidelines emphasize
A. reduction of both total calories and physical activity.
B. reduction of total calories, sugar-sweetened beverages, saturated fat, and sodium.
C. increase in animal protein and refined grains.
D. increase in all types of dairy products.

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

33. Which of the following statements is consistent with the 2010 Dietary Guidelines for Americans?
A. Choose a diet very low in fat and cholesterol.
B. Balance the calories you eat with physical activity.
C. Choose a diet with plenty of animal products including milk and meats.
D. Eat an abundance of saturated fats.

Blooms Level: 2. Understand
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

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34. Which of the following is NOT a limitation of nutritional assessments?
A. A long time may elapse between the initial development of poor nutritional health and the first clinical evidence of a problem.
B. Clinical signs and symptoms of nutritional deficiencies often are not very specific.
C. Often it is not possible to separate the best nutritional state from one that is slightly jeopardized.
D. Most nutrition assessments are time-consuming, costly, and do not provide valuable information.

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

35. Jeff, a world-class triathlete, visits a dietitian to obtain sports nutrition advice. During his visit, Jeff is asked to recall what he ate for the past 24 hours. Which part of a nutritional assessment is this?
A. Biochemical evaluation
B. Dietary assessment
C. Clinical examination
D. Menu planning

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

36. Missy visits a doctor because she feels tired most of the time, is easily distracted, and feels chilled. As part of her examination, Missy has blood drawn to be tested for concentrations of nutrients and their by-products. This part of the examination is the
A. anthropometric assessment.
B. physical examination.
C. biochemical evaluation.
D. clinical examination.

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

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37. Mrs. Mitchell was hospitalized after being found unconscious in her home. A dietitian conducted a nutritional assessment, noting the general appearance of Mrs. Mitchell's skin, eyes, and tongue. Which part of the assessment is this?
A. Medical history
B. Diet history
C. Biochemical evaluation
D. Clinical examination

Blooms Level: 2. Understand
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

38. Kate consumes 1,900 kilocalories each day. She requires 1,750 kilocalories to meet daily energy needs. Over time, Kate's kilocalorie consumption could lead to
A. undernutrition.
B. balanced nutrition.
C. overnutrition.

Blooms Level: 2. Understand
Learning Outcome: 02.04 Describe the three states of nutritional health.
Section: 02.04 States of Nutritional Health
Topic: Nutrition monitoring and assessment

39. Which government agency is responsible for regulating most U.S. food labeling?
A. Food and Drug Administration
B. U.S. Department of Agriculture
C. Bureau of Alcohol, Tobacco, and Firearms
D. Center for Science in the Public Interest

Blooms Level: 1. Remember
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: Nutrition and Your Health
Topic: Food and supplement labeling

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40. When looking at the ingredient label of a bottled spaghetti sauce, you see that olive oil is the second ingredient. This means that olive oil is
A. the second ingredient by alphabetical listing.
B. just one of the ingredients present in the sauce.
C. the second most abundant ingredient by weight.
D. the second most abundant ingredient by volume.

Blooms Level: 2. Understand
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: Nutrition and Your Health
Topic: Food and supplement labeling

41. By law, which of the following food items must display a nutrition facts label?
A. Box of granola bars
B. Navel oranges
C. Fresh catfish fillet
D. Fresh spinach

Blooms Level: 2. Understand
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: Nutrition and Your Health
Topic: Food and supplement labeling

42. Which of the following is NOT required on a nutrition label?
A. The amount per serving of all vitamins and minerals for which there is an RDA
B. The serving size
C. Total kilocalories from fat per serving
D. Total fat, saturated fat, and cholesterol per serving

Blooms Level: 1. Remember
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: Nutrition and Your Health
Topic: Food and supplement labeling

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43. According to the 2010 Dietary Guidelines, the food and nutrients to increase are
A. milk, meat, and beans.
B. fruits, vegetables, low-fat milk, and whole grains.
C. grains, beans, and solid fats.
D. fruit juice, beans, and meat.

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

44. The number of servings to consume from each MyPlate food group depends on a person's

A. height, weight, and waist circumference.
B. taste preferences.
C. age, gender, height, and weight.
D. frame size.

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

45. The food grouping guidelines most recently released from the United States government are called
A. The Food Guide Pyramid.
B. The Basic Four Food Groups.
C. MyPyramid.
D. MyPlate.

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

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46. Physical Activity Guidelines for Americans, released in 2008, advise a minimum of _____ minutes per week of moderate-intensity physical activity for adults.

A. 30
B. 60
C. 90
D. 150

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

47.

RDAs are NOT used in food labeling because

A. they are age- and gender-specific.
B. they are too generic.
C.

their values are set too low.

D. their values are set too high.

Blooms Level: 2. Understand
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: Nutrition and Your Health
Topic: Food and supplement labeling

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48. Two tablespoons (tbsp) of salad dressing, peanut butter, or margarine is about the size of a

A.

yoyo.

B.

baseball.

C.

tennis ball.

D.

golf ball.

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Nutrition basics

49. In order to make healthful and logical nutrition decisions, beware of

A. testimonials about personal experience.
B. reputable publication sources.
C. registered dietitians.
D. evidence from other scientific studies.

Blooms Level: 3. Apply
Learning Outcome: 02.07 Identify reliable sources of nutrition information.
Section: 02.07 Evaluating Nutrition Information
Topic: Evaluating nutrition information

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50. The Mediterranean Diet Pyramid patterns dietary data from parts of the Mediterranean region that enjoy
A. the lowest intake of carbohydrates.
B. the highest intake of saturated fat.
C. the lowest recorded rates of chronic diseases.
D. the lowest adult life expectancy.

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

Compare the following menu to MyPlate and answer the subsequent questions.

Breakfast Menu	Lunch Menu	Dinner Menu
2 white biscuits	2 slices white bread	2 C spinach salad
Butter and jelly	1 1/3 oz cheese	Salad dressing
3/4 C apricot juice	2 oz. ham	4 oz. roast beef
Coffee	Chicken noodle soup	1/2 C white rice
	3 wheat crackers	1/2 C squash
	1/2 C whole baby carrots	Chocolate cake w/icing
	1 watermelon wedge	Coffee
	Iced tea	

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51. Using MyPlate's Daily Food Plan for 2000 kilocalories as a reference, the Fruits and Vegetables in this menu are
A. missing a vitamin A source.
B. missing a vitamin C source.
C. present in adequate quantities.
D. missing a dark green vegetable source.

Blooms Level: 5. Evaluate
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

52. Using MyPlate's Daily Food Plan for 2000 kilocalories as a reference, the servings from the Dairy group in this menu are
A. adequate.
B. lacking 1 serving.
C. lacking 2 servings.
D. lacking 3 servings.

Blooms Level: 5. Evaluate
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

53. Using MyPlate's Daily Food Plan for 2000 kilocalories as a reference, the Grains are
A. adequate in number of servings but lacking fiber.
B. adequate in number of servings and fiber.
C. inadequate in number of servings.
D. inadequate in number of servings and fiber.

Blooms Level: 5. Evaluate
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

Check All That Apply Questions

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54.

Alan has been hospitalized and you are concerned about his nutritional status. Which of the following are ways to assess his nutritional status?

__X__ Compare his current body weight to his usual body weight.
__X__ Take a blood sample to test for protein levels in the blood.
__X__ Ask him to recall all the foods and beverages he has consumed over the past 24 hours.
_____ Write a diet order for a daily nutrition supplement.

Blooms Level: 3. Apply
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Section: 02.05 Measuring Your Nutritional State
Topic: Nutrition monitoring and assessment

Multiple Choice Questions

55. When there is insufficient research to determine the RDA for a nutrient, the _____, based on estimates of intakes that appear to maintain a defined nutritional state in a specific life stage, is the nutrient standard.
A. Daily Value (DV)
B. Tolerable Upper Intake Level (UL)
C. Estimated Average Requirement (EAR)
D. Adequate Intake (AI)

Blooms Level: 1. Remember
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Section: 02.06 Specific Nutrient Standards and Recommendations
Topic: Dietary requirements

56. According to the 2010 Dietary Guidelines, adults should _____ intake of fat-free or low-fat milk and milk products.
A. increase
B. maintain current
C. decrease

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

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57. According to MyPlate, eggs belong in the _____ group.
A. Chicken
B. Dairy
C. Protein
D. Grains

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

58. When using MyPlate to choose fruits and vegetables, one should include a vitamin C source such as citrus fruit and a dark green vegetable each day, as a source of
A. zinc.
B. vitamin A.
C. vitamin D.
D. selenium.

Blooms Level: 1. Remember
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

59. A comparison of the kilocalorie content of a food to the weight of that food is
A. nutrient density.
B. body density.
C. energy density.
D. diet quality.

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Section: 02.01 A Food Philosophy That Works
Topic: Nutrition basics

Check All That Apply Questions

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60.

Which of the following are major contributors of empty calories in American diets?

__X__ Sugar-sweetened beverages
__X__ Butter
__X__ Whole milk
_____ Fat-free milk

Blooms Level: 2. Understand
Learning Outcome: 02.03 Design a meal that conforms to the MyPlate recommendations as well as the Mediterranean diet and/or other diet planning guides.
Section: 02.03 MyPlate—A Menu-Planning Tool
Topic: Public health and nutrition

Multiple Choice Questions

61. The 2010 Dietary Guidelines recommend consuming less than 10% of calories from
A. essential fatty acids.
B. total fat.
C. *trans* fatty acids.
D. saturated fatty acids.

Blooms Level: 1. Remember
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Section: 02.02 Dietary and Physical Activity Guidelines
Topic: Public health and nutrition

Matching Questions

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62. Match the following with the descriptions below

1. Overnutrition	General goals for nutrient intakes and diet composition	**12**
2. Undernutrition	Recommended nutrient intakes that meet the needs of almost all healthy people of similar age and gender	**7**
3. Daily Values	Planning food choices so that nutrient sources are not overconsumed	**6**
4. AIs	Failing health that results from long-standing dietary practices that do not coincide with nutritional needs	**5**
5. Malnutrition	Food Label claim defined as containing less than 5 calories per serving	**8**
6. Moderation	A state in which nutritional intake greatly exceeds the body's needs	**1**
7. RDAs	The standard based on observing dietary intakes of people that appear to be maintaining nutritional health; no evidence of a deficiency is apparent	**4**
8. Calorie free	Used as a reference for expressing nutrient content on nutrition labels	**3**
9. Phytochemicals	Nutritional health as determined by ABCDE assessments	**11**
10. Nutrient density	Failing health that results from long-standing dietary practices that are inadequate to meet nutritional needs	**2**
11. Nutritional state	A food's nutrient content in relation to its energy contribution	**10**
12. Dietary Guidelines	Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly	**9**

Blooms Level: 1. Remember
Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan.
Learning Outcome: 02.02 List the purpose and key recommendations of the Dietary Guidelines and the 2008 Physical Activity Guidelines for Americans.
Learning Outcome: 02.04 Describe the three states of nutritional health.
Learning Outcome: 02.05 Outline the measurements used (ABCDEs) in nutrition assessment: Anthropometric, Biochemical, Clinical, Dietary, and Environmental status.
Learning Outcome: 02.06 Describe the specific nutrient recommendations categories within the Dietary Reference Intakes.
Learning Outcome: 02.08 Describe the components of the Nutrition Facts panel and the various health claims and label descriptors that are allowed.
Section: 02.01 A Food Philosophy That Works
Section: 02.02 Dietary and Physical Activity Guidelines
Section: 02.04 States of Nutritional Health
Section: 02.05 Measuring Your Nutritional State
Section: 02.06 Specific Nutrient Standards and Recommendations
Section: Nutrition and Your Health
Topic: Dietary requirements
Topic: Nutrition basics
Topic: Nutrition monitoring and assessment

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