# *iHealth An Interactive Framework 3rd edition Sparling Test Bank*

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# Chapter 02
# Choose A Healthy Diet

**Multiple Choice Questions**

1. The science of food and how the body uses it in health and disease is called:
A. the dietary guidelines.
B. the food guide pyramid.
**C.** nutrition.
D. sensible eating.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define nutrition*
*Topic Area: Nutrition Basics*

2. A century ago, most Americans did all of the following EXCEPT:
A. living on farms.
**B.** shopping at grocery stores regularly.
C. growing vegetable gardens.
D. eating minimally processed foods.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Nutrition basics*
*Topic Area: Nutrition Basics*

3. What constituent of food forms the bulk of what we eat every day?
A. Vitamins
B. Minerals
**C.** Macronutrients
D. Micronutrients

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the macronutrients*
*Topic Area: Nutrition Basics*

4. Which of the following refers to nutrients required in the body in the greatest amounts, namely carbohydrates, fats, protein, and water?
A. Micronutrients
**B.** Macronutrients
C. Plastids
D. Mitochondria

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the macronutrients*
*Topic Area: Nutrition Basics*

5. Fats, proteins, and water are all considered _____.
**A.** macronutrients
B. micronutrients
C. minor nutrients
D. subnutrients

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the macronutrients*
*Topic Area: Nutrition Basics*

6. What are the nutrients that are required only in small amounts?
A. Macronutrients
B. Proteins
**C.** Micronutrients
D. Fiber


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*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the micronutrients*
*Topic Area: Nutrition Basics*

7. Vitamins and minerals are considered _____.
A. macronutrients
**B.** micronutrients
C. subnutrients
D. major nutrients

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the micronutrients*
*Topic Area: Nutrition Basics*

8. What is the common unit of energy used in the United States to describe human energy intake and expenditure?
**A.** Calorie
B. Kilojoule
C. Micromilligram
D. Kilogram

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Define Calorie*
*Topic Area: Nutrition Basics*

9. A gram of carbohydrate yields approximately _____ calories.
A. 2
**B.** 4
C. 6
D. 8

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the functions and energy value of carbohydrates*
*Topic Area: Nutrition Basics*

10. What is the main function of carbohydrates?
**A.** To provide fuel for the body cells
B. To regulate body processes
C. To maintain body temperature
D. To build and repair cells

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the functions and energy value of carbohydrates*
*Topic Area: Nutrition Basics*

11. The organic compounds that are divided into two types, simple and complex, are called _____.
A. proteins
B. calories
C. kilocalories
**D.** carbohydrates

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Differentiate complex carbohydrates from simple carbohydrates*
*Topic Area: Nutrition Basics*

12. Which of the following is an advantage of complex carbohydrates over simple carbohydrates?
**A.** They provide energy for a longer period.
B. They are absorbed quickly by the body.
C. They contain a high amount of calories.
D. They are lower in fat.

*Accessibility: Keyboard Navigation*


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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Differentiate complex carbohydrates from simple carbohydrates*
*Topic Area: Nutrition Basics*

13. Fiber is the indigestible part of _____ foods.
A. adulterated
B. inorganic
**C.** plant-based
D. animal-based

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define fiber*
*Topic Area: Nutrition Basics*

14. Which of the following is one of the best sources of soluble fiber?
A. Whole grains
B. Wheat bran
C. Vegetables
**D.** Oats

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Differentiate soluble and insoluble fiber*
*Topic Area: Nutrition Basics*

15. Which of the following is the best way to increase one's fiber intake?
**A.** By eating a variety of whole grains, vegetables, legumes, and fruits
B. By consuming at least three servings of low-fat milk products every day
C. By making dietary supplements a part of one's diet
D. By decreasing one's intake of red meat

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recognize ways to increase fiber in the diet*
*Topic Area: Nutrition Basics*

16. Which of the following is the most concentrated source of calories in a diet?
**A.** Fats
B. Carbohydrates
C. Proteins
D. Vitamins

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define fat*
*Topic Area: Nutrition Basics*

17. Which of the following types of fat is generally found in red meats and dairy products?
A. Unsaturated fats
B. Polyunsaturated fats
C. *Trans* fats
**D.** Saturated fats

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify sources of saturated fats*
*Topic Area: Nutrition Basics*

18. Which of the following refers to *trans* fats?
**A.** Unsaturated fats that are partially hydrogenated
B. Fats high in omega-3 fatty acids
C. Fats that are neither saturated nor unsaturated
D. Saturated fats converted into unsaturated fats

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recognize the definition of trans fats*


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*Topic Area: Nutrition Basics*

19. Which of the following refers to vegetable oils chemically converted to a solid form?
A. Polyunsaturated fats
B. Unsaturated fats
**C.** *Trans* fats
D. Monosaturated fats

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recognize the definition of trans fats*
*Topic Area: Nutrition Basics*

20. What substance exists in every cell in the body and is required for tissue growth and maintenance?
A. Glycogen
**B.** Protein
C. Fat
D. Glucose

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define protein*
*Topic Area: Nutrition Basics*

21. Which nutrient provides the body with essential amino acids?
A. Carbohydrates
**B.** Protein
C. Fats
D. Vitamins

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define protein*
*Topic Area: Nutrition Basics*

22. Which of the following substances are found only in small quantities in food but play a variety of roles in regulating and maintaining bodily functions?
**A.** Vitamins and minerals
B. Sugars and starches
C. Fats and proteins
D. Carbohydrates and fiber

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the role that vitamins and minerals play in the diet*
*Topic Area: Nutrition Basics*

23. _____ are (is) a group of inorganic elements that are essential to a variety of physiological processes and are obtained through the foods and beverages we consume.
A. Hormones
B. Mitochondria
C. Plastids
**D.** Minerals

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define minerals*
*Topic Area: Nutrition Basics*

24. Which of these is the substance found in certain vitamins that helps protect the body cells from damage?
A. Micronutrients
**B.** Antioxidants
C. Macronutrients
D. Free radicals

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the purpose of antioxidants and their role in the body*


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*Topic Area: Nutrition Basics*

25. Which of the following is the most essential nutrient?
A. Protein
B. Fiber
**C.** Water
D. Fat

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the importance of water in the diet*
*Topic Area: Nutrition Basics*

26. Which of these agencies or organizations is primarily responsible for providing nutrition information and advice to Americans?
A. World Health Organization
B. U.S. Food and Drug Administration
C. U.S. Department of Health and Human Services
**D.** U.S. Department of Agriculture

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the government's contribution to educating society in regard to nutritional standards*
*Topic Area: Recommendations for Healthy Eating*

27. The *Dietary Guidelines for Americans* are based on the best possible _____ knowledge of diet and exercise.
A. local
**B.** scientific
C. anecdotal
D. public

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the Dietary Guidelines for Americans*
*Topic Area: Recommendations for Healthy Eating*

28. What are the *Dietary Guidelines for Americans* designed to help people do?
**A.** Choose diets that meet nutrient requirements
B. Lose weight
C. Reduce physical activity
D. Promote chronic disease

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the purpose of the Dietary Guidelines for Americans*
*Topic Area: Recommendations for Healthy Eating*

29. Which of the following is a recommendation of the *2015–2020 Dietary Guidelines*?
A. Increase calories from added sugars and saturated fats.
**B.** Shift to healthier food and beverage choices.
C. Increase sodium content in food.
D. Prepare food with little or no salt.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand key recommendations regarding carbohydrates*
*Topic Area: Recommendations for Healthy Eating*

30. In an effort to make it easier for people to make better food choices, the U.S. Department of Agriculture (USDA) recently developed:
A. the food guide pyramid.
**B.** ChooseMyPlate.
C. the Food Guidance System Education Framework.
D. the USDA Nutritional Guidelines.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the ChooseMyPlate guide*


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*Topic Area: Recommendations for Healthy Eating*

31. *The 2015–2020 Dietary Guidelines* provide five overarching recommendations that include all of the following EXCEPT:
A. avoiding oversized portions.
B. consuming fat-free or low-fat milk.
C. choosing lower sodium foods.
**D.** drinking sugary drinks instead of water.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Nutrition basics*
*Topic Area: Recommendations for Healthy Eating*

32. When was the food guidance system ChooseMyPlate launched?
A. 1975
B. 1985
C. 1995
**D.** 2011

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the ChooseMyPlate guide*
*Topic Area: Recommendations for Healthy Eating*

33. Food poisoning is caused by consuming:
A. too much fats.
B. too many sweets.
**C.** contaminated foods or beverages.
D. foods that have been cooked too long.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define foodborne illness or disease*
*Topic Area: Recommendations for Healthy Eating*

34. To kill microorganisms, cook ground beef to an internal temperature of _____ degrees Fahrenheit.
A. 145
B. 150
**C.** 160
D. 180

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify ways to prevent foodborne illnesses in the home*
*Topic Area: Recommendations for Healthy Eating*

35. The Centers for Disease Control and Prevention (CDC) report that obesity rates doubled among American adults between:
A. 1960 and 1970.
B. 1970 and 1990.
C. 1980 and 1990.
**D.** 1980 and 2010.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recognize the obesity problem in the United States*
*Topic Area: Weight Control*

36. The obesity problem in America can be understood as a result of all of the following lifestyle changes EXCEPT:
**A.** less convenient access to food.
B. less physical activity.
C. more food choices.
D. larger portions.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recognize the obesity problem in the United States*
*Topic Area: Weight Control*


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37. The key to understanding weight control is:
A. the United States Department of Agriculture (USDA) guidelines.
B. MyPyramid.
**C.** energy intake versus energy expenditure.
D. nutrition basics.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define energy balance*
*Topic Area: Weight Control*

38. A healthy weight refers to a body weight:
A. at which you look the way you want to.
**B.** at which you can physically function at a high level of well-being.
C. that allows you to get into clothes you wore in high school.
D. that encourages you to eat nutritious foods.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define healthy weight*
*Topic Area: Weight Control*

39. What is the approximate body mass index (BMI) range for healthy weight?
A. 8.5–15
B. 15.5–20
**C.** 18.5–24.9
D. 25.5–30

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define body mass index (BMI)*
*Topic Area: Weight Control*

40. Common field methods for determining body composition include all of the following EXCEPT:
A. the measurement of skinfolds.
B. the measurement of circumferences.
C. the measurement of bioelectric impedance.
**D.** weighing on a scale.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Differentiate the categories and methods of body composition measurements*
*Topic Area: Weight Control*

41. In relation to fat distribution, research has shown that _____ fat may be more dangerous for long-term health than other locations containing fat.
**A.** abdominal
B. arm
C. lower hip
D. facial

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the health risk related to body fat distribution*
*Topic Area: Weight Control*

42. Which is of the following eating disorders is more widespread than anorexia?
A. Eczema
B. Night eating syndrome
**C.** Bulimia
D. Ketosis

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Differentiate anorexia from bulimia*
*Topic Area: Weight Control*


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43. The condition in which energy consumption is consistently higher than energy expenditure is known as _____ energy balance.
A. negative
**B.** positive
C. lost
D. greater

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the difference between positive energy balance and negative energy balance*
*Topic Area: Weight Control*

44. People who consume 500 calories a day less than they expend should lose how many pounds per week?
**A.** 1 pound
B. 2 pounds
C. 3 pounds
D. 4 pounds

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Application*
*Learning Objective: Calculate weight loss or gain based on positive and negative energy balances over time.*
*Topic Area: Weight Control*

45. In order to eat well, we need to:
A. read books on healthy living.
**B.** improve the everyday choices we make about food.
C. begin a weight-loss program.
D. gather more nutritional knowledge.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the necessary steps to healthy eating*
*Topic Area: Translating Knowledge into Action*

46. If we wish to change a behavior, the likelihood of success is much better if we:
A. listen to our peers.
B. go on a diet.
**C.** take the time to develop a sound plan.
D. read books about it.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the strategies for behavior change developed by the Mayo Clinic*
*Topic Area: Translating Knowledge into Action*

47. The National Weight Control Registry estimates that _____ percent of people who are overweight or obese have been able to achieve weight-loss success.
A. 10
**B.** 20
C. 30
D. 35

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the purpose of the National Weight Control Registry*
*Topic Area: Translating Knowledge into Action*

48. Successful long-term maintenance of weight loss is defined as intentionally losing at least _____ percent of your body weight and keeping it off for at least a year.
**A.** 10
B. 12
C. 15
D. 20

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the purpose of the National Weight Control Registry*
*Topic Area: Translating Knowledge into Action*


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**True / False Questions**

49. A nutrient is a substance found in food that the body uses to grow, maintain, and repair itself.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define nutrient*
*Topic Area: Nutrition Basics*

50. The way we eat has changed over the last century in part because of refrigeration and modern appliances.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Nutrition basics*
*Topic Area: Nutrition Basics*

51. Nutrition is about understanding why we like the foods we do.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define nutrition*
*Topic Area: Nutrition Basics*

52. Fats satisfy hunger because of their fast absorption rate from the digestive system.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the role of fat in daily energy intake*
*Topic Area: Nutrition Basics*

53. Proteins are complex inorganic compounds made up of amino acids.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define protein*
*Topic Area: Nutrition Basics*

54. The fat-soluble vitamins—A, D, E, and K—are necessary for the function or structural integrity of specific body tissues and membranes and are retained in the body.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the function of fat-soluble vitamins*
*Topic Area: Nutrition Basics*

55. Vitamin E is an oxidant that helps to counter the harmful anti-oxidative effects of free radicals.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the function of fat-soluble vitamins*
*Topic Area: Nutrition Basics*

56. One measure for checking hydration is to weigh yourself every day to ensure that you have consumed enough fluids to restore water weight.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Distinguish the various indicators of dehydration as they may present to individuals*
*Topic Area: Nutrition Basics*


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57. The *Dietary Guidelines for Americans 2015–2020* are the cornerstone of federal nutrition policy and nutrition education activities.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the Dietary Guidelines for Americans*
*Topic Area: Recommendations for Healthy Eating*

58. Due to the wide range of food preferences and choices, learning to eat healthier and maintain good eating habits has become easier over the years.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the purpose of ChooseMyPyramid MyPlate*
*Topic Area: Recommendations for Healthy Eating*

59. The "Nutrition Facts" panel on food labels is specially designed for each individual product so that consumers can easily understand key information.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Analyze and understand food labels to determine nutritional differences*
*Topic Area: Recommendations for Healthy Eating*

60. Steroids are substances added to the diet that contain primarily vitamins, minerals, and botanicals.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the relationship between dietary supplements and health*
*Topic Area: Recommendations for Healthy Eating*

61. The body mass index (BMI) is a measure of the percentage of body fat.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define body mass index (BMI)*
*Topic Area: Weight Control*

62. Our basic body shape is greatly influenced by both gender and the foods we are fed as infants.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the factors that influence body characteristics*
*Topic Area: Weight Control*

63. For a person with a body mass index (BMI) above 20, the chances of dying early increase.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Understand the relationship between increased BMI and death*
*Topic Area: Weight Control*

64. Body composition is the categorizing of body weight into fat and lean components.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Define body composition*
*Topic Area: Weight Control*

65. In relation to body fat distribution, researchers have shown that abdominal fat may be less dangerous for long-term health than fat in other locations.
**FALSE**


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*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the health risk related to body fat distribution*
*Topic Area: Weight Control*

66. Awareness and the desire to improve are the two most important factors in changing eating habits.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the basics of behavior change*
*Topic Area: Translating Knowledge into Action*

67. Nutrition is about understanding what types of food and how much of it one needs and reconciling that with one's eating habits.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Recall the meaning of nutrition*
*Topic Area: Translating Knowledge into Action*

**Short Answer Questions**

68. Explain obesity and identify several reasons for it.

*Bloom's Taxonomy: Comprehension*
*Learning Objective: Recognize the obesity problem in the United States*
*Topic Area: Weight Control*

69. Explain the two most common types of eating disorders.

*Bloom's Taxonomy: Comprehension*
*Learning Objective: Define eating disorders*
*Topic Area: Weight Control*

70. Create a personalized plan involving healthy eating and weight management. List four questions you might ask yourself about your food and lifestyle choices to ensure that your plan meets the essential criteria for success.

*Bloom's Taxonomy: Comprehension*
*Learning Objective: Explain the criteria that should be used when evaluating diets*
*Topic Area: Translating Knowledge into Action*

| *Category* | *# of Questions* |
|---|---|
| Accessibility: Keyboard Navigation | 67 |
| Bloom's Taxonomy: Application | 1 |
| Bloom's Taxonomy: Comprehension | 3 |
| Bloom's Taxonomy: Knowledge | 66 |
| Define Calorie | 1 |
| Learning Objective: Analyze and understand food labels to determine nutritional differences | 1 |
| Learning Objective: Calculate weight loss or gain based on positive and negative energy balances over time. | 1 |
| Learning Objective: Define body composition | 1 |
| Learning Objective: Define body mass index (BMI) | 2 |
| Learning Objective: Define eating disorders | 1 |
| Learning Objective: Define energy balance | 1 |
| Learning Objective: Define fat | 1 |
| Learning Objective: Define fiber | 1 |
| Learning Objective: Define foodborne illness or disease | 1 |
| Learning Objective: Define healthy weight | 1 |
| Learning Objective: Define minerals | 1 |
| Learning Objective: Define nutrient | 1 |
| Learning Objective: Define nutrition | 2 |
| Learning Objective: Define protein | 3 |
| Learning Objective: Differentiate anorexia from bulimia | 1 |
| Learning Objective: Differentiate complex carbohydrates from simple carbohydrates | 2 |
| Learning Objective: Differentiate soluble and insoluble fiber | 1 |


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| | |
|---|---|
| Learning Objective: Differentiate the categories and methods of body composition measurements | 1 |
| Learning Objective: Distinguish the various indicators of dehydration as they may present to individuals | 1 |
| Learning Objective: Explain the criteria that should be used when evaluating diets | 1 |
| Learning Objective: Explain the Dietary Guidelines for Americans | 2 |
| Learning Objective: Explain the purpose of the Dietary Guidelines for Americans | 1 |
| Learning Objective: Identify sources of saturated fats | 1 |
| Learning Objective: Identify the health risk related to body fat distribution | 2 |
| Learning Objective: Identify the macronutrients | 3 |
| Learning Objective: Identify the micronutrients | 2 |
| Learning Objective: Identify ways to prevent foodborne illnesses in the home | 1 |
| Learning Objective: Nutrition basics | 3 |
| Learning Objective: Recall the basics of behavior change | 1 |
| Learning Objective: Recall the factors that influence body characteristics | 1 |
| Learning Objective: Recall the function of fat-soluble vitamins | 2 |
| Learning Objective: Recall the functions and energy value of carbohydrates | 2 |
| Learning Objective: Recall the meaning of nutrition | 1 |
| Learning Objective: Recall the necessary steps to healthy eating | 1 |
| Learning Objective: Recall the purpose of ChooseMyPyramid MyPlate | 1 |
| Learning Objective: Recall the role of fat in daily energy intake | 1 |
| Learning Objective: Recall the strategies for behavior change developed by the Mayo Clinic | 1 |
| Learning Objective: Recognize the definition of trans fats | 2 |
| Learning Objective: Recognize the obesity problem in the United States | 3 |
| Learning Objective: Recognize ways to increase fiber in the diet | 1 |
| Learning Objective: Understand key recommendations regarding carbohydrates | 1 |
| Learning Objective: Understand the ChooseMyPlate guide | 2 |
| Learning Objective: Understand the difference between positive energy balance and negative energy balance | 1 |
| Learning Objective: Understand the government's contribution to educating society in regard to nutritional standards | 1 |
| Learning Objective: Understand the importance of water in the diet | 1 |
| Learning Objective: Understand the purpose of antioxidants and their role in the body | 1 |
| Learning Objective: Understand the purpose of the National Weight Control Registry | 2 |
| Learning Objective: Understand the relationship between dietary supplements and health | 1 |
| Learning Objective: Understand the relationship between increased BMI and death | 1 |
| Learning Objective: Understand the role that vitamins and minerals play in the diet | 1 |
| Topic Area: Nutrition Basics | 33 |
| Topic Area: Recommendations for Healthy Eating | 13 |
| Topic Area: Translating Knowledge into Action | 7 |
| Topic Area: Weight Control | 17 |


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