Science of Nutrition 4th edition Thompson Test Bank

SKU: 9780134175096-TEST-BANK

The Science of Nutrition, 4e **(Thompson)**
Chapter 2 Designing a Healthful Diet

1) The four characteristics of a healthful diet are adequacy, balance, moderation, and
A) Calories.
B) color.
C) value.
D) variety.
Answer: D
Diff: 1
Skill: Remembering
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

2) The RDA values were first published in
A) 1941.
B) 1897.
C) 1903.
D) 1965.
Answer: A
Diff: 1
Skill: Remembering
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

3) Including fiber in your diet is beneficial to your GI tract, but consuming excess amounts of fiber can result in the loss of nutrients. This statement is an example of which of the factors to consider in planning diets?
A) adequacy
B) Calorie control
C) variety
D) moderation
Answer: D
Diff: 2
Skill: Understanding
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

4) Eating the proper proportion of foods is referred to as
A) restriction.
B) balance.
C) moderation.
D) variety.
Answer: B
Diff: 2
Skill: Understanding
Section: What Is a Healthful Diet?

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Learning Outcome: 2.1

5) Gabriel is a college athlete who requires 2,900 kcal a day to support his total energy needs. However, he only manages to consume approximately 1,800 kcal a day. Which of the four characteristics of a healthful diet is Gabriel not meeting?
A) adequacy
B) moderation
C) variety
D) balance
Answer: A
Diff: 2
Skill: Understanding
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

6) Eve is a stay-at-home mom who generally prepares most of the meals for her household. Even though she always prepares meals that offer enough Calories and nutrients for her family of four, she often tends to make the same meals. Which characteristic of a healthy diet is Eve not incorporating into her meal planning?
A) adequacy
B) balance
C) moderation
D) variety
Answer: D
Diff: 2
Skill: Understanding
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

7) Which of the following are NOT required to follow the FDA labeling guidelines?
A) milk and spices
B) spices, coffee, and fresh produce
C) meat and coffee
D) spices and meat
Answer: B
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

8) Which of the following is NOT required on food labels?
A) a photo or illustration of the food
B) the ingredient list
C) the name and address of the vendor
D) the net contents of package
Answer: A
Diff: 1
Skill: Remembering

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

9) The information provided on a food label that identifies intake of nutrients based on 2,000 Calories a day is called the
A) Nutrition Facts panel.
B) Percent Daily Values.
C) Daily Reference Value.
D) Reference Daily Intake.
Answer: B
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

10) The Nutrition Facts panel on a box of crackers indicates that one serving provides 140 Calories, with 55 Calories coming from fat. What is the percentage of Calories from fat in this product?
A) 39%
B) 55%
C) 85%
D) 95%
Answer: A
Diff: 3
Skill: Applying
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

11) You are reading a food label which indicates that the product contains 25% of the DV for calcium, 5% of the DV for iron and 30% of the DV from fat. Based on this information which of the following statements is correct?
A) This product is high in calcium.
B) This product is high in iron.
C) This product is low in fat.
D) This product is low in calcium.
Answer: A
Diff: 3
Skill: Applying
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

12) The government agency that regulates food labeling in the United States is the
A) U.S. Dept. of Agriculture (USDA).
B) U.S. Food and Drug Administration (FDA).
C) U.S. Centers for Disease Control and Prevention (CDC).
D) U.S. Dept. of Health and Human Services (HHS).
Answer: B
Diff: 1

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

13) What are the two types of claims on food labels that are regulated by the FDA?
A) nutrient and health claims
B) health and beauty claims
C) growth and energy claims
D) energy and nutrient claims
Answer: A
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.3

14) The level of which of the following must be specified in the list of nutrients on a food label?
A) vitamin E
B) calcium
C) magnesium
D) zinc
Answer: B
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

15) A food with 140 mg or less of sodium per serving could make the claim of
A) very low sodium.
B) low sodium.
C) reduced sodium.
D) light in sodium.
Answer: B
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.3

16) The Dietary Guidelines for Americans recommend which of the following?
A) limiting Calories to lose weight
B) reducing Calories to lose weight
C) balancing Calories to maintain weight
D) reducing portions to maintain weight
Answer: C
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

17) The Dietary Guidelines for Americans are updated every
A) year.
B) two years.
C) five years.
D) decade.
Answer: C
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

18) The Dietary Guidelines for Americans were developed by the USDA and which other agency?
A) Food and Drug Administration (FDA)
B) U.S. Dept. of Health and Human Services (HHS)
C) Academy of Nutrition and Dietetics
D) Centers for Disease Control (CDC)
Answer: B
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

19) The Dietary Guidelines offer several flexible templates to follow to build a healthy eating pattern, including the USDA Food Patterns and
A) the DRIs.
B) the Mediterranean diet.
C) a raw foods diet.
D) the South Beach Diet.
Answer: B
Diff: 2
Skill: Understanding
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

20) Excessive alcohol intake
A) promotes weight loss.
B) increases the risk for serious health and social problems.
C) stimulates the nervous system.
D) increases coordination.
Answer: B
Diff: 2
Skill: Understanding
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

21) In the current Dietary Guidelines for Americans, the nutrients to limit include
A) sodium.

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

B) carbohydrates.
C) protein.
D) fat-soluble vitamins.
Answer: A
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

22) The Dietary Guidelines for Americans recommend
A) making all of your grain choices whole grains.
B) increasing your intake of fruits and vegetables.
C) engaging in aerobic exercise for 60 minutes at least five days a week.
D) avoiding smoking.
Answer: B
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

23) An important strategy for balancing your Calories is to consistently choose
A) dietary supplements.
B) nutrient-dense foods.
C) energy drinks.
D) foods with high water content.
Answer: B
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.4

24) 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 the major food groups every day.
C) Plan your entire day's diet so that you juggle nutrient sources.
D) Consume foods that have the most nutrients for their Calories.
Answer: D
Diff: 2
Skill: Understanding
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.4

25) Which of the following foods is MOST likely to have the greatest nutrient density?
A) 2 cups of strawberry Lifesavers (200 kcal)
B) 1 cup of strawberry ice cream (160 kcal)
C) a 15-gram serving of strawberry jam (40 kcal)
D) 1 cup of fresh strawberries (100 kcal)

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Answer: D
Diff: 4
Skill: Analyzing
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.4

26) Assuming each has the same number of Calories, which has the greatest nutrient density?
A) 1 small baked potato
B) 1 cup orange juice
C) 4 Thin Mint Girl Scout cookies
D) 1 English muffin
Answer: A
Diff: 3
Skill: Applying
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.4

27) "Get your calcium-rich foods" defines which USDA Food Patterns group?
A) dairy foods
B) vegetables
C) fruits
D) protein foods
Answer: A
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.6

28) Which of the following is NOT a dedicated food category in the USDA Food Patterns?
A) meats
B) fruits
C) grains
D) dairy
Answer: A
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.6

29) MyPlate is the visual representation of the
A) previous MyPyramid graphic.
B) DASH Diet.
C) ideal diet for everyone.
D) USDA Food Patterns.
Answer: D
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Learning Outcome: 2.6

30) The USDA Food Patterns grains group does NOT emphasize
A) whole grains.
B) enriched white bread.
C) brown rice.
D) fiber-rich carbohydrates.
Answer: B
Diff: 3
Skill: Applying
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.6

31) Empty Calories are those which
A) provide energy only in short spurts.
B) come from solid fats and/or added sugars and provide few or no nutrients.
C) cause you to gain weight.
D) come from naturally-occurring sugars found in fruits and other sweet foods.
Answer: B
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

32) A significant shortcoming of the USDA Food Patterns and MyPlate is that they
A) assume that everyone eats the same foods in the same ways.
B) focus too much on whole foods, rather than prepared foods.
C) leave out specific activity recommendations.
D) cannot fully address the issue of serving sizes since no national standard exists.
Answer: D
Diff: 2
Skill: Understanding
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

33) Over the past 30 years, most food portion sizes have
A) fluctuated.
B) increased.
C) remained largely the same.
D) decreased.
Answer: B
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

34) For the USDA Food Patterns, the term "ounce-equivalent" refers to a serving size that is 1 ounce or its equivalent for

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

A) fruits and vegetables.
B) dairy foods.
C) grains and protein foods.
D) all food sections.
Answer: C
Diff: 2
Skill: Understanding
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

35) In the U.S., about what percentage of all food expenditures is now accounted for by meals eaten out?
A) 20%
B) 35%
C) 50%
D) 65%
Answer: C
Diff: 1
Skill: Remembering
Section: Can Eating Out Be Part of a Healthful Diet?
Learning Outcome: 2.10

36) Which of the following health problems is associated with sodium?
A) high blood pressure
B) neural tube defects
C) anemia
D) dental caries
Answer: A
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

37) Which of the following characteristics BEST describe the majority of meals offered at fast-food restaurants?
A) high in Calories, high in total fat, high in sodium
B) high in enriched grains, high in sodium, low in sugar
C) high in sodium, high in protein, high in fiber
D) high in total fat, low in Calories, low in carbohydrates
Answer: A
Diff: 2
Skill: Understanding
Section: Can Eating Out Be Part of a Healthful Diet?
Learning Outcome: 2.10

38) Requirements for food labeling in the U.S. are identified in the
A) CDC Food Labeling Guide.
B) Nutrition Labeling and Education Act.

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

C) USDA Food Patterns.
D) Dietary Guidelines for Americans.
Answer: B
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

39) How much a serving of food contributes to your overall intake of nutrients is listed on a food label as
A) percent daily values.
B) ounce-equivalent.
C) RDA.
D) nutrient density.
Answer: A
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

40) Which of the following is a set of principles developed by two U.S. federal agencies to promote health, reduce risk for chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity?
A) USDA Food Patterns
B) *Healthy People 2020*
C) Dietary Reference Intakes
D) Dietary Guidelines for Americans
Answer: D
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

41) A sound strategy for eating out more healthfully would be to
A) always order an appetizer so you're already full when the main course arrives.
B) avoid grains and carbohydrates completely.
C) avoid all-you-can-eat, buffet-style restaurants.
D) drink large glasses of water before, during, and after your meal.
Answer: C
Diff: 3
Skill: Applying
Section: Can Eating Out Be Part of a Healthful Diet?
Learning Outcome: 2.10

42) The Dietary Guidelines recommend keeping your daily sodium intake below
A) 1/2 teaspoon of table salt.
B) one teaspoon of table salt.

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

C) two teaspoons of table salt.
D) one tablespoon of table salt.
Answer: B
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

43) You should limit the empty Calories you consume to a small number that fits your needs depending on your
A) weight, overall health, and ethnic background.
B) lifestyle, goals, and preferences.
C) age, gender, and physical activity level.
D) current weight, desired weight, and dieting history.
Answer: C
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

44) The type of food label claim that can be made without FDA approval is called a
A) health claim.
B) structure-function claim.
C) nutrient claim.
D) supplemental claim.
Answer: B
Diff: 2
Skill: Understanding
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.3

45) When using diet-planning tools such as the USDA Food Patterns, you should learn the definition of a serving size for the tool you're using, and then
A) eat as much as you're allowed to up to the serving size limit.
B) estimate your approximate food intake for each food group through the day.
C) compare it with the serving sizes of other tools or plans.
D) measure your food intake to determine if you are meeting the guidelines.
Answer: D
Diff: 3
Skill: Applying
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

46) Planning meals that include eating a new vegetable each week is one practical approach to eating
A) a variety of foods.
B) whole foods.

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

C) well-cooked foods.
D) raw foods.
Answer: A
Diff: 3
Skill: Applying
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

47) Foods eaten DAILY on the Mediterranean diet include
A) eggs.
B) sweets.
C) beans and other legumes.
D) fish.
Answer: C
Diff: 3
Skill: Applying
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.7

48) The Mediterranean diet
A) and MyPlate share precisely the same recommendations and features.
B) has been associated with a decreased risk for cardiovascular disease.
C) reflects the cuisine of the Calabria region of southern Italy.
D) is a type of vegetarian diet.
Answer: B
Diff: 3
Skill: Applying
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.7

49) A web-based tool that provides access to nutrient-content information on over 8,000 foods and helps you to create personalized eating and activity plans is
A) the exchange system.
B) the USDA Food Patterns.
C) www.NuVal.com.
D) MyPlate SuperTracker.
Answer: D
Diff: 3
Skill: Applying
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.9

50) The Nutrient Database for Standard Reference
A) provides information on caffeine and phytochemicals as well as nutrients in foods.
B) is a private database, but you can access it through your university library..
C) is maintained by the FDA.
D) is updated every five years.

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Answer: A
Diff: 3
Skill: Applying
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.9

51) Eating a moderate diet will help you avoid getting into a "food rut."
Answer: FALSE
Diff: 4
Skill: Analyzing
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

52) An adequate diet is one that provides enough energy, nutrients and fiber to maintain health.
Answer: TRUE
Diff: 1
Skill: Remembering
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

53) A 2,000 kcal daily intake is an appropriate Caloric goal for most Americans.
Answer: FALSE
Diff: 2
Skill: Understanding
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

54) Since 1990, food labels have been required on all fresh meat and poultry.
Answer: FALSE
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

55) The net contents of a package must be reported by weight only.
Answer: FALSE
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

56) The last item on an ingredient list is the predominant ingredient in that food product.
Answer: FALSE
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

57) The percent daily values on a Nutrition Facts panel are based on an energy intake level of 2,000 Calories a day.
Answer: TRUE
Diff: 2
Skill: Understanding
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

58) Food labeling regulations allow manufacturers to omit the footnote of the Nutrition Facts panel on smaller products with small labels.
Answer: TRUE
Diff: 1
Skill: Remembering
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.2

59) The label of a yogurt containing 0.4 grams of fat per serving is allowed to claim that the food is “fat free.”
Answer: TRUE
Diff: 3
Skill: Applying
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.3

60) A box of breakfast cereal providing 3 grams of fiber per serving may contain a statement that the food is a “high fiber cereal.”
Answer: FALSE
Diff: 3
Skill: Applying
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.3

61) Functional foods are processed foods that manufacturers develop to contain biologically active ingredients with the potential to provide health benefits beyond those of their nutrients.
Answer: FALSE
Diff: 4
Skill: Analyzing
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.3

62) “Builds strong bones” is an example of an FDA-regulated health claim.
Answer: FALSE
Diff: 3
Skill: Applying
Section: How Can Reading Food Labels Help You Improve Your Diet?
Learning Outcome: 2.3

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

63) Nutritional rating systems used by most supermarkets are a marketing gimmick and provide no real value to consumers.
Answer: FALSE
Diff: 2
Skill: Understanding
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.4

64) A strength of the USDA Food Patterns and MyPlate tool lies in how they address serving sizes.
Answer: FALSE
Diff: 2
Skill: Understanding
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

65) Consuming juices or milk products that are unpasteurized does not affect the potential safety of those foods.
Answer: FALSE
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

66) Legumes are included in the protein foods section of the USDA Food Patterns.
Answer: TRUE
Diff: 2
Skill: Understanding
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.6

67) Wine is included, in moderation, on the Mediterranean diet.
Answer: TRUE
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.7

68) Food portions have generally remained steady over the past 30 years.
Answer: FALSE
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

69) Serving sizes as defined in the USDA Food Patterns are often smaller than those sold to consumers.
Answer: TRUE

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Diff: 2
Skill: Understanding
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

70) The food groups represented on the MyPlate graphic help consumers distinguish choices high in empty Calories from nutrient-dense alternatives.
Answer: FALSE
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

71) Some foods containing empty Calories from solid fats or added sugars also provide important nutrients.
Answer: TRUE
Diff: 1
Skill: Remembering
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

72) Bringing your smartphone to the grocery store can help you make more healthful purchases.
Answer: TRUE
Diff: 2
Skill: Understanding
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.9

73) The FDA now requires Calorie information for standard menu items in all chain restaurants.
Answer: TRUE
Diff: 2
Skill: Understanding
Section: Can Eating Out Be Part of a Healthful Diet?
Learning Outcome: 2.10

74) It is currently estimated that about one quarter of the adult population in the U.S. is obese.
Answer: FALSE
Diff: 1
Skill: Remembering
Section: Can Eating Out Be Part of a Healthful Diet?
Learning Outcome: 2.10

75) Most restaurants, even fast-food restaurants, offer lower-fat menu items.
Answer: TRUE
Diff: 1
Skill: Remembering
Section: Can Eating Out Be Part of a Healthful Diet?
Learning Outcome: 2.10

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

76) The exchange system has been used successfully among people with diabetes and people who are trying to lose weight.
Answer: TRUE
Diff: 2
Skill: Understanding
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.7

77) The Dietary Guidelines for Americans recommends replacing butter and lard with vegetable oils.
Answer: TRUE
Diff: 1
Skill: Remembering
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

78) The USDA Food Patterns recommends eating two and a half servings of vegetables daily.
Answer: FALSE
Diff: 2
Skill: Understanding
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.6

79) Convenience is one of the components of a healthful diet.
Answer: FALSE
Diff: 2
Skill: Understanding
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

80) A person can be overweight and still not consume adequate nutrients.
Answer: TRUE
Diff: 3
Skill: Applying
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

81) There is no truly healthful way to "eat out" away from home.
Answer: FALSE
Diff: 2
Skill: Understanding
Section: Can Eating Out Be Part of a Healthful Diet?
Learning Outcome: 2.10

82) A diet that is adequate for one person is generally adequate for most people.
Answer: FALSE

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Diff: 2
Skill: Understanding
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

83) List and discuss the four components of a healthful diet. Describe which of the areas you need to most work on, and why.
Answer: Answers will vary.
Diff: 5
Skill: Evaluating
Section: What Is a Healthful Diet?
Learning Outcome: 2.1

84) Describe at least three tools that are currently available to help Americans design a healthful diet, or that help promote health and disease prevention. Choose one of these tools and discuss its possible limitations.
Answer: Answers will vary.
Diff: 5
Skill: Evaluating
Section: How Can Reading Food Labels Help You Improve Your Diet?; How Do the Dietary Guidelines for Americans Promote a Healthful Diet?; How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.2, 2.4-2.8

85) Describe how the USDA Food Patterns determine a serving size. What are the problems associated with determining a standard for serving sizes? Describe ways to determine how many serving sizes you actually eat.
Answer: Answers will vary.
Diff: 5
Skill: Evaluating
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.8

86) What are the purpose and the essential aspects of the Dietary Guidelines for Americans? Discuss three examples of how you can incorporate the Dietary Guidelines into your daily life.
Answer: Answers will vary.
Diff: 3
Skill: Applying
Section: How Do the Dietary Guidelines for Americans Promote a Healthful Diet?
Learning Outcome: 2.5

87) Carmen does not eat meat, poultry, or fish, and she is allergic to milk. List and define the five food groups in the USDA Food Patterns, and identify at least two foods Carmen could eat in each group.
Answer: Answers will vary.
Diff: 3
Skill: Applying
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank

Learning Outcome: 2.6

88) What are the strengths and the limitations of the USDA MyPlate graphic and the USDA Food Patterns? Be as thorough as possible in your answer.
Answer: Answers will vary.
Diff: 5
Skill: Evaluating
Section: How Can the USDA Food Patterns Help You Design a Healthful Diet?
Learning Outcome: 2.6-2.8

89) Describe at least five appropriate and practical recommendations for eating out healthfully.
Answer: Answers will vary.
Diff: 3
Skill: Applying
Section: Can Eating Out Be Part of a Healthful Diet?
Learning Outcome: 2.10

Copyright © 2017 Pearson Education, Inc.

Science of Nutrition 4th edition Thompson Test Bank