Nutrition An Applied Approach 5th edition Thompson Test Bank

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Nutrition: An Applied Approach, 5e **(Thompson/Manore)**
Chapter 2 Designing a Healthful Diet

Multiple Choice Questions

1) The characteristics of a healthful diet include
A) moderation and low-energy.
B) balance and low-fat.
C) adequacy and value.
D) nutrient density and variety.
Answer: D
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.1
Chapter/Section: 2.1

2) Which of the following is an ounce-equivalent serving of grains from the USDA Food Patterns?
A) 1 cup of cooked brown rice
B) 2 slices of bread
C) 1 cup of soymilk
D) two small pancakes
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.5
Chapter/Section: 2.5

3) Milk is a good source of calcium but a poor source of iron. Meat is a good source of iron but a poor source of calcium. A diet incorporating both of these foods demonstrates what characteristic of a healthful diet?
A) moderation
B) balance
C) nutrient density
D) freshness
Answer: B
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.1
Chapter/Section: 2.1

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4) A nutrient-dense snack provides
A) all essential amino acids and at least 6 vitamins and minerals.
B) a high level of protein for a low level of saturated fat.
C) a high level of nutrients for a low number of Calories.
D) a high level of both nutrients and Calories.
Answer: C
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.1
Chapter/Section: 2.1

5) The basic biological urge to eat when our body senses that we need food is
A) olfaction.
B) hunger.
C) appetite.
D) satiety.
Answer: B
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.2
Chapter/Section: 2.2

6) The psychological desire to eat stimulated by the sight, smell, or thought of food is
A) olfaction.
B) hunger.
C) appetite.
D) satiety.
Answer: C
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.2
Chapter/Section: 2.2

7) Which of the following plays a key role in stimulating appetite and enabling us to taste foods?
A) olfaction
B) satiety
C) conditioned taste aversion
D) cultural conditioning
Answer: A
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.2
Chapter/Section: 2.2

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8) Braeden tends to eat whenever he feels bored. His boredom is an example of a(n)
A) emotional cue.
B) cultural cue.
C) biological hunger cue.
D) sensory cue.
Answer: A
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.2
Chapter/Section: 2.2

9) After learning about the mistreatment of animals at slaughterhouses, Laura has become a vegetarian. Her dislike for meat, which she once enjoyed, is an example of
A) conditioned taste aversion.
B) cultural conditioning.
C) internal cues.
D) social conditioning.
Answer: A
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.2
Chapter/Section: 2.2

10) Which of the following foods is exempt from standard food labeling regulations?
A) cereal
B) bread
C) meat
D) yogurt
Answer: C
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.3
Chapter/Section: 2.3

11) The information provided on a food label that identifies how much a serving of food contributes to your intake of nutrients based on 2,000 Calories a day is called the
A) ounce-equivalent.
B) Percent Daily Values.
C) Dietary Reference Intakes.
D) footnote.
Answer: B
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

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12) Which of the following is NOT required on a food label?
A) net contents of the package
B) statement of identity
C) name and address of the vendor
D) taste of the food
Answer: D
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

13) The Nutrition Facts panel on a box of granola indicates that one serving contains 1 gram of saturated fat and 2 grams of unsaturated fat. The label on this product is allowed to state that it is
A) fat free.
B) low fat.
C) saturated fat free.
D) reduced Calorie.
Answer: B
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.3
Chapter/Section: 2.3

14) Jack is a college athlete who requires 2,800 kilocalories a day to support his total energy needs. Even though Jack likes many different foods and makes it a point to try new things, he consumes only approximately 1,600 kilocalories a day. Which one of these characteristics of a healthful diet is Jack missing?
A) adequacy
B) balance
C) moderation
D) variety
Answer: A
Diff: 6
Skill: Evaluating/Creating
Learning Outcome: 2.1
Chapter/Section: 2.1

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15) Suzie generally prepares the majority of meals for her family. Even though she always prepares meals that are high in nutrients, she tends to make the same meals repeatedly. Which one of these characteristics of a healthful diet is missing from Suzie's meal planning?
A) adequacy
B) balance
C) moderation
D) variety
Answer: D
Diff: 6
Skill: Evaluating/Creating
Learning Outcome: 2.1
Chapter/Section: 2.1

16) Which of the following would NOT be included in the net contents component of a food label?
A) weight in grams
B) number of servings
C) volume in fluid ounces
D) numerical count of items in package
Answer: B
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

17) Which part of a food label is the primary tool for determining the healthfulness of the product?
A) Nutrition Facts panel
B) statement of identity
C) net contents of package
D) name and address of the manufacturer
Answer: A
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

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18) According to the USDA Food Patterns, which of the following foods is NOT a food that is considered to have empty Calories?
A) chocolate cake
B) cream cheese
C) fruit drinks
D) grapes
Answer: D
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

19) The amount and %DV per serving of which of the following is NOT identified on the Nutrition Facts panel?
A) sodium
B) vitamin E
C) dietary fiber
D) cholesterol
Answer: B
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

20) A set of nutrition principles developed by the USDA and the HHS to help promote health and reduce the risk of chronic disease is called
A) Food Fundamentals.
B) the Dietary Guidelines for Americans.
C) the Mediterranean Diet.
D) the DASH Diet.
Answer: B
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

21) The *2015-2020 Dietary Guidelines for Americans* advise that you
A) keep your intake of sodium to no more than 10% of total Calories.
B) keep your intake of cholesterol to no more than 10% of total Calories.
C) keep your intake of alcohol to no more than 10% of total Calories.
D) keep your intake of added sugars to no more than 10% of total Calories.
Answer: D
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

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22) To maintain a healthful weight, the *2015-2020 Dietary Guidelines for Americans* recommend
A) engaging in recommended levels of physical activity.
B) focusing on "good" and "bad" individual foods, food groups, and nutrients.
C) strictly avoiding added sugars.
D) consuming no more than 2,000 Calories a day.
Answer: A
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

23) Excess sodium in the diet is linked to what disease in some individuals?
A) cancer
B) hyperactivity
C) obesity
D) high blood pressure
Answer: D
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

24) Which of the following foods is likely to contain the highest level of sodium?
A) deli cold cuts
B) milk
C) a salad sprinkled with salt
D) a slice of banana bread
Answer: A
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.4
Chapter/Section: 2.4

25) Servings in the proteins group of the USDA Food Patterns are represented in
A) grams.
B) ounce-equivalents.
C) percentages.
D) Calories.
Answer: B
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

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26) Julie is a vegetarian—the only animal-based foods she consumes are dairy products and eggs. Which of the following statements about Julie's diet is TRUE?
A) Julie's diet is unhealthful because it lacks adequacy.
B) Julie's diet is unhealthful because it lacks variety.
C) Julie's diet is unhealthful because it lacks nutrient density.
D) Julie's diet is not necessarily unhealthful.
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.1
Chapter/Section: 2.1

27) How does MyPlate accommodate ethnic variations?
A) It includes a guide to eating out healthfully in Chinese, Indian, Italian, and Mexican restaurants.
B) It is based on the DASH diet.
C) It recommends food groups, not specific food choices.
D) It accounts for individual variances in gender and age.
Answer: C
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

28) Which statement BEST describes nutrient density?
A) Choose a number of different foods within any given food group.
B) Consume a variety of foods from the five 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: Remembering/Understanding
Learning Outcome: 2.1
Chapter/Section: 2.1

29) Which of the following foods has the greatest nutrient density?
A) 1 cup of strawberry Lifesavers (100 kcal)
B) 2 tablespoons of strawberry jelly (100 kcal)
C) 8 fluid ounces of strawberry soda (100 kcal)
D) 1 cup of fresh strawberries (100 kcal)
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.1
Chapter/Section: 2.1

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30) Moderate alcohol consumption for men is defined as consuming
A) no alcohol at all.
B) no more than one drink per week.
C) no more than one drink per day.
D) no more than two drinks per day.
Answer: D
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

31) Including fiber in your diet is beneficial to your GI tract, but consuming excessive amounts of fiber can result in the loss of nutrients. This statement is an example of which of the characteristics of a healthful diet?
A) adequacy
B) nutrient density
C) variety
D) moderation
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.1
Chapter/Section: 2.1

32) Alissa consumes about 3,200 mg of sodium per day. Following the *2015-2020 Dietary Guidelines for Americans* would require that Alissa
A) cut her sodium intake by about 500 mg a day.
B) cut her sodium intake by about 1,000 mg a day.
C) maintain her sodium intake at about this level.
D) increase her sodium intake by about 300 mg a day.
Answer: B
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.4
Chapter/Section: 2.4

33) Joachim consumes about 15% of his total Calories per day as saturated fat. Following the *2015-2020 Dietary Guidelines for Americans* would require that Joachim
A) eliminate all saturated fat from his diet.
B) maintain his saturated fat intake at about this level.
C) increase his saturated fat intake by about one-third.
D) decrease his saturated fat intake by about one-third.
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.4
Chapter/Section: 2.4

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34) MiPlato, the Spanish language version of MyPlate, recommends
A) a variety of choices from the five major food groups.
B) daily lean meat consumption.
C) beans, eggs, and cheese as primary protein sources.
D) milk, cheese, and yogurt in moderation.
Answer: A
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

35) Which of the following is a limitation of MyPlate?
A) MyPlate does not illustrate the benefits of regular physical activity.
B) MyPlate recommends that all grains consumed should be whole grains.
C) MyPlate goes too far in encouraging individuals to consume healthier foods.
D) MyPlate fails to accommodate ethnic variations.
Answer: A
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

36) Which of the following would NOT be a good practice for eating out healthfully?
A) Share an entrée with a friend.
B) Order low-fat or nonfat salad dressing served on the side.
C) Order cream-based soups to increase your calcium intake.
D) Instead of a beef burger, order a chicken, fish, or veggie burger.
Answer: C
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.6
Chapter/Section: 2.6

37) The label on a container of cottage cheese describes it as "fat free." What is the FDA-approved requirement for this to be TRUE?
A) 1 g or less of saturated fat per serving
B) at least 25 percent less fat per serving than regular cottage cheese
C) 3 g of fat per serving
D) less than 0.5 g of fat per serving
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.3
Chapter/Section: 2.3

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38) The statement of identity on a food label indicates the
A) common and identifiable name of the food product.
B) date, time, and location that the food product was produced.
C) name and address of the food manufacturer.
D) complete list of every ingredient contained in the food product.
Answer: A
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

39) The label on a bag of potato chips indicates that one serving contains 250 Calories, with 150 Calories from fat. What percent of Calories comes from fat?
A) 25
B) 50
C) 60
D) 80
Answer: C
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.3
Chapter/Section: 2.3

40) On a food label, "Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect" is an example of an FDA-approved
A) nutrient claim.
B) health claim.
C) structure-function claim.
D) micronutrient claim.
Answer: B
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.3
Chapter/Section: 2.3

41) On a food label, "Builds stronger bones" is an example of
A) an unregulated health claim.
B) an FDA-approved health claim.
C) an unregulated structure-function claim.
D) an FDA-approved structure-function claim.
Answer: C
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.3
Chapter/Section: 2.3

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42) The USDA Food Patterns recommends that a healthful diet contain foods from which of the following groups?
A) carbohydrates, fats, and proteins
B) nuts and legumes, fats, and dairy
C) grains, vegetables, fruits, dairy, and protein
D) starches, meats and meat substitutes, vegetables, fruits, milk, and fats
Answer: C
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

43) Which of the following equals one serving of the USDA Food Patterns' vegetable group?
A) 1/2 oz of almonds
B) 1 tablespoon peanut butter
C) 16 fl oz of tomato juice
D) 2 cups of raw spinach
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.5
Chapter/Section: 2.5

44) Which of the following characteristics describes the majority of meals offered at fast-food restaurants?
A) high in Calories
B) low in total fat
C) low in sodium
D) provide fresh fruits and vegetables
Answer: A
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.6
Chapter/Section: 2.6

45) A method for eating out healthfully is to
A) order several appetizers so that you will not eat your entire entrée when it arrives.
B) order any meat dish grilled or broiled and avoid fried or breaded meat dishes.
C) order a soft drink as your beverage so that you'll feel full.
D) eat out only when you are not especially hungry.
Answer: B
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.6
Chapter/Section: 2.6

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46) A serving size defined by the USDA Food Patterns
A) is always the same as a serving size on a food label.
B) may differ from the serving size on a food label.
C) typically matches the portions served in restaurants.
D) cannot be practically measured outside a laboratory.
Answer: B
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

47) In the USDA Food Patterns, a 1-cup serving of hard cheese is roughly
A) 1.5 grams.
B) 1.5 cups.
C) 1.5 ounces.
D) the size of a woman's fist.
Answer: C
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.5
Chapter/Section: 2.5

48) How many daily serving of grains do the USDA Food Patterns recommend?
A) 3 cups
B) 4 ounce-equivalents
C) 5 ounce-equivalents
D) 6 ounce-equivalents
Answer: D
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

49) Planning a meal that includes many different-colored foods is an example of which characteristic of a healthful diet?
A) adequacy
B) moderation
C) balance
D) variety
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.1
Chapter/Section: 2.1

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50) The "supersizing" phenomenon that has become widespread over the past 30 years refers to the
A) increase in the protein content of beef.
B) substantial growth in serving sizes of purchased meals, snacks, and beverages.
C) substantial increase in the prevalence of obesity worldwide.
D) use of antibiotics to substantially increase the size of beef cattle, pigs, and chickens.
Answer: B
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

51) Eating the right amount of foods to maintain a healthful diet is called
A) adequacy.
B) moderation.
C) balance.
D) variety.
Answer: B
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.1
Chapter/Section: 2.1

52) Serving sizes of prepared foods purchased at grocery stores and restaurants are generally
A) smaller than the USDA serving-size standards.
B) the same as USDA serving-size standards.
C) larger than USDA serving-size standards.
D) not able to be compared to USDA serving-size standards.
Answer: C
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

53) The term used in the USDA Food Patterns that describes the energy derived from solid fats and/or added sugars is
A) discretionary Calories.
B) extra Calories.
C) empty Calories.
D) nutrient-poor Calories.
Answer: C
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

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54) Which of the following is a key recommendation of the USDA Food Patterns?
A) Make all your grains whole grains.
B) Eat 5 to 9 servings of vegetables a day.
C) Drink milk.
D) Go lean with protein.
Answer: D
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

55) The *2015-2020 Dietary Guidelines for Americans* recommends that you
A) drink only water, milk, or 100% fruit juice.
B) follow a healthful eating pattern across the lifespan.
C) focus on consuming at least one or two nutrient-dense foods every day.
D) increase your consumption of whole foods, and limit your consumption of processed foods.
Answer: B
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

56) Which of the following is NOT one of the recommendations of the *2015-2020 Dietary Guidelines for Americans*?
A) Avoid red meat, butter, cheese, and eggs.
B) Choose nutrient-dense foods and beverages across and within all food groups.
C) Support healthful eating patterns for everyone.
D) Consume alcohol in moderation, if at all.
Answer: A
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

57) The FDA requires nutrition labeling
A) in every restaurant, café, cafeteria, and food kiosk in the United States.
B) on menus in sit-down restaurants only.
C) in fast-food restaurants but not other retail food establishments.
D) in chain restaurants and many other retail food outlets.
Answer: D
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.6
Chapter/Section: 2.6

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58) Miguel's doctor has recommended that he consume less saturated fat. At his favorite fast-food restaurant, Miguel chooses a grilled chicken sandwich. The menu states that the sandwich contains 460 Calories, and 6 grams of saturated fat. What is the percentage of Calories from saturated fat in this choice?
A) 7%
B) 12%
C) 17%
D) 22%
Answer: B
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.6
Chapter/Section: 2.6

59) Mark weighs 254 pounds and would like to lose weight. He starts a walking program that expends 1.2 kcal/pound/hour. If he walks 45 minutes a day for one week, how many Calories will he burn in one week?
A) 800 kcal
B) 1,200 kcal
C) 1,600 kcal
D) 1,800 kcal
Answer: C
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.5
Chapter/Section: 2.5

60) MyPlate is both a graphic and
A) a database identifying the nutrients in thousands of common foods.
B) an interactive website providing personalized diet planning.
C) a diet-analysis software package.
D) a nutrition textbook.
Answer: B
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

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61) At the grocery store, Janice studies the labels on fortified rice milk to find one that is high in calcium. Which of the following label statements identifies the product that is highest in calcium?
A) "Calcium added!"
B) "Provides calcium!"
C) "Good source of calcium!"
D) "Excellent source of calcium!"
Answer: D
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.3
Chapter/Section: 2.3

True/False Questions

1) A healthful diet is low in nutrient density.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.1
Chapter/Section: 2.1

2) A diet that includes an average of 5 to 6 cans of cola per day is not moderate.
Answer: TRUE
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.1
Chapter/Section: 2.1

3) A cup of plain yogurt is higher in nutrient density than a cup of vanilla pudding.
Answer: TRUE
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.1
Chapter/Section: 2.1

4) Sights, smells, and other aspects of our environment affect appetite.
Answer: TRUE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.2
Chapter/Section: 2.2

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5) For an adult to enjoy a food, it must have been introduced in childhood.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.2
Chapter/Section: 2.2

6) Olfaction is the tactile sensation we experience when we chew food.
Answer: FALSE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.2
Chapter/Section: 2.2

7) Appetite can be depressed when we have a stuffy nose.

Answer: TRUE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.2
Chapter/Section: 2.2

8) The Dietary Guidelines for Americans and USDA Food Patterns share a standardized definition for a serving size of each food.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

9) The FDA regulates nutrition labels and the information found on them.
Answer: TRUE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

10) The last item on an ingredient list is the predominant ingredient in that food product.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

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11) Percent Daily Values listed on food labels are based on an energy intake level of 2,000 Calories a day.
Answer: TRUE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

12) Since 1990, food labels have been required on all fresh meat and poultry.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

13) The %DV on the Nutrition Facts panel is only useful to consumers who regularly eat about 2,000 Calories a day.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

14) The FDA's revised Nutrition Facts panel identifies Calories per serving in larger type than the old Nutrition Facts panel.
Answer: TRUE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

15) The Dietary Guidelines are a set of principles designed by the World Health Organization (WHO) for all developing and developed countries.
Answer: FALSE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

16) One of the limitations of MyPlate is that it cannot be accessed on the Internet.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

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17) The USDA Food Patterns recommends that all fruit choices be fresh, not canned, frozen, dried, or juice.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

18) The number of servings of each food group recommended in the USDA Food Patterns is based on age, gender, and activity level.
Answer: TRUE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

19) Oils are included as a distinct food group in the USDA Food Patterns.
Answer: FALSE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

20) Ethnic foods can be incorporated into a healthful diet.
Answer: TRUE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

21) MyPlate is based on the concept that a single dietary plan is appropriate for all individuals.
Answer: FALSE
Diff: 4
Skill: Applying/Analyzing
Learning Outcome: 2.5
Chapter/Section: 2.5

22) The serving sizes recommended in the USDA Food Patterns are close to those indicated on food labels.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

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23) The USDA Food Patterns recommends the consumption of fewer than 100 empty Calories each day.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.5
Chapter/Section: 2.5

24) The Dietary Guidelines for Americans are updated every 10 years.
Answer: FALSE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

25) Food companies are prohibited from using on food labels nutrient or health claims that have not been approved by the FDA.
Answer: TRUE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

26) Moderate alcohol consumption is defined as no more than two drinks a day for men and no more than one drink a day for women.
Answer: TRUE
Diff: 1
Skill: Remembering/Understanding
Learning Outcome: 2.4
Chapter/Section: 2.4

27) Fast-food restaurants do not provide food choices that are consistent with the USDA Food Patterns recommendations.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.6
Chapter/Section: 2.6

28) Most Americans eat outside of the home more than four times per week.
Answer: TRUE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.6
Chapter/Section: 2.6

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29) Yogurt parfaits offered at some fast food restaurants are a more healthful choice than fresh fruit.
Answer: FALSE
Diff: 6
Skill: Evaluating/Creating
Learning Outcome: 2.6
Chapter/Section: 2.6

30) Ordering steamed vegetables or a baked potato with no toppings is a healthful choice when eating out.
Answer: TRUE
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.6
Chapter/Section: 2.6

31) The Nutrition Facts panel on a food package contains the structure-function claims related to that product.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

32) Required on all food products, a statement of identity lists the nutrient and health claims of the food's contents.
Answer: FALSE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

33) Provided on the Nutrition Facts panel, the percent daily values (%DVs) section tells the consumer how much one serving of the food or beverage contributes to the recommended overall daily intake of nutrients.
Answer: TRUE
Diff: 2
Skill: Remembering/Understanding
Learning Outcome: 2.3
Chapter/Section: 2.3

34) MyPlate cannot be used to create a healthful eating plan for vegetarians.
Answer: FALSE
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.5
Chapter/Section: 2.5

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Essay Questions

1) What are the characteristics of a healthful diet? Does your own diet reflect these characteristics? Explain.
Answer: Answers will vary.
Diff: 6
Skill: Evaluating/Creating
Learning Outcome: 2.1
Chapter/Section: 2.1

2) Describe an incident when sensory data caused you to eat even though you weren't hungry. What learned factors or social or cultural cues influenced your choice of foods?
Answer: Answers will vary.
Diff: 6
Skill: Evaluating/Creating
Learning Outcome: 2.2
Chapter/Section: 2.2

3) You are reading the Nutrition Facts panel on a food label. Explain how to use the serving size, servings per container, Calories per serving, and %DVs for saturated fat, dietary fiber, protein, and calcium to calculate the nutritional profile of the food.
Answer: Answers will vary.
Diff: 6
Skill: Evaluating/Creating
Learning Outcome: 2.3
Chapter/Section: 2.3

4) The *2015-2020 Dietary Guidelines for Americans* recommend choosing a variety of nutrient-dense foods across and within all food groups. Create a table identifying three nutrient-dense foods within each of the five USDA Food Patterns food groups.
Answer: Answers will vary.
Diff: 5
Skill: Evaluating/Creating
Learning Outcome: 2.4
Chapter/Section: 2.4

5) Discuss the difficulties in determining portion size.
Answer: Answers will vary.
Diff: 6
Skill: Evaluating/Creating
Learning Outcome: 2.5
Chapter/Section: 2.5

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6) Describe the results of research studies on the impact of Calorie-labeling on food choices at restaurants. Has clear labeling resulted in consumers making healthier food choices when dining out? What specific strategy has worked among adolescents?
Answer: Answers will vary.
Diff: 6
Skill: Evaluating/Creating
Learning Outcome: 2.6
Chapter/Section: 2.6

7) Discuss four appropriate and practical recommendations for eating out healthfully.
Answer: Answers will vary.
Diff: 3
Skill: Applying/Analyzing
Learning Outcome: 2.6
Chapter/Section: 2.6

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