Nutrition - An Applied Approach 6th edition Thompson Test Bank

SKU: 9780135327289-TEST-BANK

Nutrition: An Applied Approach, 6e **(Thompson/Manore)**
Chapter 1 Nutrition: Linking Food and Health

1.1 Multiple Choice Questions

1) Which statement is FALSE concerning the field of nutrition?
   A) Nutrition is the science that studies food and how it nourishes our body and influences our health.
   B) Nutrition encompasses how we consume, digest, absorb, and store the chemicals in food and how that affects our bodies.
   C) Nutrition is an ancient science that dates back to the fourteenth century.
   D) Nutrition involves studying the factors that influence eating patterns.

Answer: C

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.1

Chapter/Section: 1.1

2) Which of the following chronic diseases is NOT strongly associated with dietary choices?
   A) Parkinson's disease
   B) obesity
   C) heart disease
   D) type 2 diabetes

Answer: A

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.2

Chapter/Section: 1.2

3) How many classes of nutrients are there?
   A) three
   B) four
   C) six
   D) eight

Answer: C

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

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Chapter/Section: 1.3

4) Which of the following nutrients are inorganic?
   A) carbohydrates
   B) fats
   C) vitamins
   D) minerals

Answer: D

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

5) What is the primary source of fuel for the brain?
   A) proteins
   B) fats
   C) carbohydrates
   D) vitamins

Answer: C

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

6) Of the following nutrients, which contains nitrogen?
   A) carbohydrates
   B) proteins
   C) lipids
   D) water

Answer: B

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

7) Which of the following is an example of an inorganic nutrient?

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A) vitamin A (vitamin)
B) stearic acid (fat)
C) dietary fiber (carbohydrate)
D) calcium (mineral)

Answer: D

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

8) Jane consumed a breakfast that contained 85 grams of carbohydrate, 20 grams of protein, and 18 grams of fat. How many kilocalories did Jane eat at breakfast?
A) 123 kilocalories
B) 152 kilocalories
C) 582 kilocalories
D) 1,007 kilocalories

Answer: C

Diff: 3

Skill: Applying/Analyzing

Learning Outcome: 1.3

Chapter/Section: 1.3

9) For dinner, Carol consumes 250 grams of carbohydrate, 50 grams of protein, and 30 grams of fat. In addition, Carol decides that she wants a glass of wine with her meal. If she drinks one glass of wine containing 10 grams of alcohol, how many total kilocalories does she consume in this meal?
A) 340 kilocalories
B) 1,540 kilocalories
C) 1,806 kilocalories
D) 2,820 kilocalories

Answer: B

Diff: 3

Skill: Applying/Analyzing

Learning Outcome: 1.3

Chapter/Section: 1.3

10) Which of the following are examples of carbohydrate-rich foods?

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A) butter and corn oil
B) beef and pork
C) wheat and lentils
D) bacon and eggs

Answer: C

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

11) Which dietary standard, expressed as percentages of total energy or as a percentage range of total kilocalories, defines the recommended intake range for the macronutrients?
A) Tolerable Upper Intake Level (UL)
B) Recommended Dietary Allowance (RDA)
C) Estimated Average Requirement (EAR)
D) Acceptable Macronutrient Distribution Range (AMDR)

Answer: D

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.4

Chapter/Section: 1.4

12) Which of the following nutrients is organic?
A) sodium
B) iron
C) protein
D) water

Answer: C

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

13) Lauren's friend has recommended that she take a vitamin C supplement. Lauren is concerned about consuming too much of the supplement. Which of the following nutrient standards would assist her in determining the highest amount of the

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supplement that would be safe for her to consume?

A) Tolerable Upper Intake Level (UL)
B) Recommended Dietary Allowance (RDA)
C) Estimated Average Requirement (EAR)
D) Acceptable Macronutrient Distribution Range (AMDR)

Answer: A

Diff: 3

Skill: Applying/Analyzing
Learning Outcome: 1.4

Chapter/Section: 1.4

14) Which of the following nutrients is the MOST energy dense?

A) carbohydrate
B) fat
C) protein
D) vitamins

Answer: B

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

15) Which of the following BEST describes minerals?

A) micronutrients that are broken down easily during digestion
B) micronutrients that are easily destroyed by heat and light
C) inorganic micronutrients found in a variety of foods
D) nutrients that are needed in large amounts by the body

Answer: C

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

16) An important source of energy for the body during times of rest and low-intensity exercise is

A) protein.
B) vitamins.

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C) fat.
D) water.

Answer: C

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

17) The building blocks of proteins are called
A) fatty acids.
B) amino acids.
C) saccharides.
D) nitrogen fragments.

Answer: B

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

18) Which of the following is NOT a major function of dietary protein?
A) building new cells and tissues
B) repairing damaged structures
C) maintaining the structure and strength of bone
D) serving as a primary source of energy for the body

Answer: D

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

19) Proteins are NOT found in
A) meats, fish, and poultry.
B) dairy products.
C) seeds, nuts, and legumes.
D) water.

Answer: D

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Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

20) Into what two groups are vitamins classified?
    A) fat-soluble and water-soluble
    B) organic and inorganic
    C) nonnutritive and nutritive
    D) trace and major

Answer: A

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

21) Vitamin C and the B vitamins are
    A) nonessential vitamins.
    B) soluble in water.
    C) readily stored in the body's tissues.
    D) trace vitamins.

Answer: B

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

22) Which of the following is FALSE?
    A) Fats are soluble in water.
    B) Fats are an important energy source for our bodies at rest and during low-intensity exercise.
    C) Fats are composed of carbon, hydrogen, and oxygen.
    D) Fats yield more Calories per gram than carbohydrate or protein.

Answer: A

Diff: 2

Skill: Remembering/Understanding

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Learning Outcome: 1.3

Chapter/Section: 1.3

23) Which of the following describes the vitamins A, D, E, and K?
A) excess amounts are excreted via the urine
B) potentially toxic with excessive intake
C) soluble in water
D) not stored to any extent in the body

Answer: B

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

24) Inorganic nutrients that are NOT broken down by the human body or destroyed by heat or light are called
A) vitamins.
B) minerals.
C) proteins.
D) fats.

Answer: B

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

25) Overconsumption of which nutrient has the greatest potential for toxicity?
A) vitamin A
B) vitamin B_6
C) vitamin C
D) folate

Answer: A

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

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26) What is the standard used to represent the average daily intake level estimated to prevent deficiency diseases in half the healthy individuals of a particular age and sex?

A) Estimated Average Requirement (EAR)
B) Adequate Intake (AI)
C) Recommended Dietary Allowance (RDA)
D) Tolerable Upper Intake Level (UI)

Answer: A

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.4

Chapter/Section: 1.4

27) Which of the following is NOT a function of water in the body?

A) helps to regulate nervous impulses and muscle contraction
B) helps to transport nutrients and oxygen
C) helps to excrete waste products
D) provides a source of energy to work and play

Answer: D

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

28) According to the Acceptable Macronutrient Distribution Range (AMDR), up to what percentage of your daily Calories should be provided by carbohydrates?

A) 35%
B) 45%
C) 65%
D) 75%

Answer: C

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.4

Chapter/Section: 1.4

29) The highest average daily amount of a nutrient that can be consumed without a risk

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of adverse health effects to almost all individuals in a particular age and gender group is called the

A) Acceptable Macronutrient Distribution Range (AMDR).
B) Recommended Dietary Allowance (RDA).
C) Adequate Intake (AI).
D) Tolerable Upper Intake Level (UL).

Answer: D

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.4

Chapter/Section: 1.4

30) What is the leading federal agency in the United States that protects human health and safety?

A) United States Department of Agriculture (USDA)
B) American Dietetic Association (ADA)
C) Centers for Disease Control and Prevention (CDC)
D) National Institutes of Health (NIH)

Answer: C

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.8

Chapter/Section: 1.8

31) Your grandmother has recently been diagnosed with type 2 diabetes. Which of the following professionals is MOST likely to be qualified to offer your grandmother assistance in planning her diabetic diet?

A) registered dietitian nutritionist (RDN)
B) PhD in exercise science
C) medical doctor (MD)
D) nutritionist

Answer: A

Diff: 3

Skill: Applying/Analyzing
Learning Outcome: 1.8

Chapter/Section: 1.8

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32) The BRFSS is the government
A) survey that tracks lifestyle habits and health behaviors that increase risks for developing chronic diseases.
B) survey that tracks nutrition education programs in the United States.
C) agency that protects the health and safety of the American people.
D) agency that conducts medical research in the United States.

Answer: A

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.8

Chapter/Section: 1.8

33) Which of the following professional titles has NO definition or laws regulating it?
A) registered dietitian
B) registered dietitian/nutritionist
C) nutritionist
D) licensed nutritionist

Answer: C

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.8

Chapter/Section: 1.8

34) The type of study that compares a group of people with a disease to another similar but healthy group is called a(n)
A) double-blind study.
B) clinical trial.
C) animal study.
D) case control study.

Answer: D

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.6

Chapter/Section: 1.6

35) What is the group given a specific treatment or intervention during an experiment called?

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A) the experimental group
B) the control group
C) the double-blind group
D) the study population

Answer: A

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.6

Chapter/Section: 1.6

36) Dr. Sullivan is conducting a clinical trial to determine if vitamin Z can improve test performance of students in an introductory college nutrition course. Dr. Sullivan puts all the student names in a hat and draws names to determine if they will be placed in the control or the experimental group. The experimental group receives a capsule of vitamin Z and the control group a "sugar pill" that tastes and looks identical to the vitamin Z capsule. Neither Dr. Sullivan nor the participants knows who is receiving which treatment. This experiment is BEST described as

A) single-blind, randomized.
B) placebo-controlled, self-selected.
C) placebo-controlled, single-blind, randomized.
D) placebo-controlled, double-blind, randomized.

Answer: D

Diff: 3

Skill: Applying/Analyzing

Learning Outcome: 1.6

Chapter/Section: 1.6

37) What is the first step of the scientific method?

A) Formulate a hypothesis.
B) Design and conduct an experiment.
C) Collect and analyze data.
D) Observe and describe a phenomenon.

Answer: D

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.5

Chapter/Section: 1.5

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38) The National Health and Nutrition Examination Survey (NHANES) collects dietary information of Americans by using a
A) website where individuals can self-report their dietary intake online.
B) personal interview and physical examination.
C) telephone survey.
D) written survey that collects information using a food likes and dislikes questionnaire.

Answer: B

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.8

Chapter/Section: 1.8

39) Chemicals found in foods that are critical to human growth and function are called
A) antibodies.
B) bacteria.
C) nutrients.
D) carcinogens.

Answer: C

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

40) What term is commonly used to describe foods that are grown with little or no use of synthetic chemicals?
A) organic
B) inorganic
C) genetically modified organism (GMO)
D) vegetarian

Answer: A

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

41) The primary source of fuel for the body is

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A) carbohydrates.
B) fats and oils.
C) proteins.
D) vitamins and minerals.

Answer: A

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

42) Amino acids are units of
A) carbohydrates.
B) lipids.
C) proteins.
D) vitamins.

Answer: C

Diff: 4

Skill: Applying/Analyzing
Learning Outcome: 1.3

Chapter/Section: 1.3

43) In the United States and Canada, what set of standards defines the recommended intake values for various nutrients for healthy people?
A) Estimated Average Requirement (EAR)
B) Tolerable Upper Intake Level (UL)
C) Dietary Reference Intakes (DRIs)
D) Acceptable Macronutrient Distribution Range (AMDR)

Answer: C

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.4

Chapter/Section: 1.4

44) What is the term for an imitation treatment that has no known physical effect or therapeutic value on the subjects in a research study?
A) theory
B) placebo

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C) single-blind trial
D) double-blind trial

Answer: B

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.6

Chapter/Section: 1.6

45) What is another name for a study of patterns of health and disease in a population?
A) a single-blind study
B) a clinical trial
C) a randomized study
D) an epidemiological study

Answer: D

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.6

Chapter/Section: 1.6

46) A hypothesis or group of related hypotheses that have been confirmed through repeated scientific experiments is known as a(n)
A) phenomenon.
B) experiment.
C) theory.
D) fact.

Answer: C

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.5

Chapter/Section: 1.5

47) What common flaw has been found in research studies funded by pharmaceutical companies?
A) bias towards showing ineffectiveness of products
B) lack of transparency
C) quackery
D) over-reporting of a drug's side effects

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Answer: B

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.7

Chapter/Section: 1.7

48) Which of the following indicates that a nutrition website may NOT be a reliable source of information?
A) list of registered dietitians who contribute to the website
B) recently updated website
C) citations to research studies published in medical journals
D) website address with a ".com" ending

Answer: D

Diff: 6

Skill: Evaluating/Creating
Learning Outcome: 1.7

Chapter/Section: 1.7

49) The American Society for Nutrition (ASN) and similar professional nutrition organizations
A) publish reliable nutrition research studies and educational information.
B) set the Dietary Reference Intakes (DRIs).
C) lobby the government on behalf of pharmaceutical companies.
D) sponsor the National Health and Nutrition Examination Survey (NHANES).

Answer: A

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.8

Chapter/Section: 1.8

50) One of the earliest developments in the field of nutrition linking nutritional deficiency to illness was the discovery that eating citrus fruits prevents
A) pellagra.
B) cancer.
C) scurvy.
D) strokes.

Answer: C

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Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.1

Chapter/Section: 1.1

51) Which of the following is the primary link between poor nutrition and higher mortality rates?
A) cancer
B) Alzheimer's disease
C) obesity
D) iron-deficiency anemia

Answer: C

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.2

Chapter/Section: 1.2

52) Funding of a research study by a company that stands to benefit from a positive assessment is an example of
A) a reporting bias.
B) transparency.
C) a conflict of interest.
D) the placebo effect.

Answer: C

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.7

Chapter/Section: 1.7

53) A blogger has written a post about the benefits of an artificial sweetener for weight loss. Which of the following would be the BEST evidence to support these claims?
A) recommendation from a medical doctor
B) citations to research studies published in peer-reviewed journals
C) testimonials from people who have used the sweetener
D) conclusions from a research study funded by the manufacturer of the sweetener

Answer: B

Diff: 6

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Skill: Evaluating/Creating
Learning Outcome: 1.7

Chapter/Section: 1.7

54) Which of the following is an example of disease that is directly caused by a nutritional deficiency?
A) pellagra
B) cancer
C) type 2 diabetes
D) heart disease

Answer: A

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.2

Chapter/Section: 1.2

55) Prevalent in the United States during the early 1900s, pellagra was first thought to be an infectious disease. Today we know that it is caused by a deficiency of
A) vitamin A.
B) iron.
C) protein.
D) niacin.

Answer: D

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.2

Chapter/Section: 1.2

56) Joan's dinner contains 210 grams of carbohydrate, 60 grams of protein, and 52 grams of fat. What percent of kilocalories in this meal comes from carbohydrate?
A) 22%
B) 28%
C) 35%
D) 54%

Answer: D

Diff: 4

Skill: Applying/Analyzing

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Learning Outcome: 1.3

Chapter/Section: 1.3

57) A slice of pumpkin bread contains 5 grams of fat, 40 grams of carbohydrate, and 5 grams of protein. What percent of the bread's Calories are from fat?
A) 10%
B) 20%
C) 40%
D) 75%

Answer: B

Diff: 4

Skill: Applying/Analyzing

Learning Outcome: 1.3

Chapter/Section: 1.3

1.2 True/False Questions

1) The earliest discoveries in the field of nutrition focused on nutritional deficiencies and illness.

Answer: TRUE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.1

Chapter/Section: 1.1

2) "Wellness" is a multidimensional process by which people make choices that enhance their lives.

Answer: TRUE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.2

Chapter/Section: 1.2

3) Cryogenomics is a new area of research that seeks to uncover the links between our genes, our environment, and our diet.

Answer: FALSE

Diff: 1

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Skill: Remembering/Understanding

Learning Outcome: 1.1

Chapter/Section: 1.1

4) Macronutrients are nutrients that contain inorganic components.

Answer: FALSE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

5) Vitamins provide 4 kilocalories per gram.

Answer: FALSE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

6) Because water does not provide any Calories to the body, scientists do not consider it a nutrient.

Answer: FALSE

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

7) A beverage that contains 20 grams of alcohol mixed with a diet (0-Calorie) soda has approximately 140 kilocalories.

Answer: TRUE

Diff: 3

Skill: Applying/Analyzing

Learning Outcome: 1.3

Chapter/Section: 1.3

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8) The energy-yielding macronutrients include carbohydrates, lipids, and proteins.
Answer: TRUE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

9) Protein's primary role is to provide energy for the body.
Answer: FALSE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

10) Poor nutrition is strongly associated with three chronic diseases that fall within the group of top ten causes of death in the United States.
Answer: TRUE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.2

Chapter/Section: 1.2

11) Minerals maintain their chemical structure and are not broken down during digestion.
Answer: TRUE

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

12) Because they are needed in relatively large quantities, vitamins and minerals are considered macronutrients.
Answer: FALSE

Diff: 2

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Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

13) The Dietary Reference Intakes (DRIs) are dietary standards that apply only to healthy individuals.

Answer: TRUE

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.4

Chapter/Section: 1.4

14) A double-blind experiment is one in which neither the researchers nor the participants know which group is assigned to which treatment.

Answer: TRUE

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.6

Chapter/Section: 1.6

15) The term *nutritionist* has no precise definition or laws regulating it.

Answer: TRUE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.8

Chapter/Section: 1.8

16) In the second half of the twentieth century, nutrition researchers began to study the links between nutrition and the development of chronic diseases.

Answer: TRUE

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.1

Chapter/Section: 1.1

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17) Nutrigenomics is an ancient specialty area of nutritional research.

Answer: FALSE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.1

Chapter/Section: 1.1

18) For an experiment to be consistent with the principles of the scientific method, it must be repeatable.

Answer: TRUE

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.5

Chapter/Section: 1.5

19) The energy derived from food is expressed in units called kilocalories.

Answer: TRUE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

20) A placebo is the misrepresentation of a product, program, or service for financial gain.

Answer: FALSE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.6

Chapter/Section: 1.6

21) The National Institutes of Health (NIH) plays a limited role in researching nutrition-related issues.

Answer: FALSE

Diff: 1

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Skill: Remembering/Understanding

Learning Outcome: 1.8

Chapter/Section: 1.8

22) A registered dietitian nutritionist is a health professional who has earned at least a bachelor's degree, has completed supervised clinical training, and has successfully completed a national exam.

Answer: TRUE

Diff: 1

Skill: Remembering/Understanding

Learning Outcome: 1.8

Chapter/Section: 1.8

23) A recommendation from the manager at your local health foods store to try a particular amino acid supplement may be biased.

Answer: TRUE

Diff: 3

Skill: Applying/Analyzing

Learning Outcome: 1.7

Chapter/Section: 1.7

1.3 Essay Questions

1) The Dietary Reference Intakes (DRIs) for most nutrients consist of four separate values: Estimated Average Requirement (EAR), Recommended Dietary Allowance (RDA), Adequate Intake (AI), and Tolerable Upper Intake Level (UL). Explain what each of these values represents.

Answer: Answers will vary.

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.4

Chapter/Section: 1.4

2) List the primary classes of nutrients. For each class of nutrients, note whether it is organic or inorganic and how many kilocalories per gram it provides, if any.

Answer: Answers will vary.

Diff: 1

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Skill: Remembering/Understanding

Learning Outcome: 1.3

Chapter/Section: 1.3

3) Explain why, over the course of the 20th century, the focus of nutrition research shifted from identifying nutrient-deficiency diseases to exploring the links between nutrition and chronic disease.

Answer: Answers will vary.

Diff: 4

Skill: Applying/Analyzing

Learning Outcome: 1.1

Chapter/Section: 1.1

4) Describe how a nutritious diet contributes to wellness.

Answer: Answers will vary.

Diff: 2

Skill: Remembering/Understanding

Learning Outcome: 1.2

Chapter/Section: 1.2

5) You would like to compare the prevalence of morbid obesity among children in Italy to prevalence among children in the United States. What type of research would you conduct, and why?

Answer: Answers will vary.

Diff: 5

Skill: Evaluating/Creating

Learning Outcome: 1.6

Chapter/Section: 1.6

6) Two web pages discuss the results of research into a weight-loss supplement. One of these was written by a medical doctor who includes testimonials from several patients who lost weight using the supplement, and provides a link to a site at which you can order the supplement. The other was published by the Office of Dietary Supplements at the National Institutes of Health, and cites several research studies investigating the safety and effectiveness of the supplement. Which site is more reliable, and why?

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Answer: Answers will vary.

Diff: 5

Skill: Evaluating/Creating

Learning Outcome: 1.7

Chapter/Section: 1.7

7) The BRFSS surveys Americans about five behaviors known to increase the risk for chronic disease. What are these behaviors? Which do you engage in? What might you do to change the behavior(s)?

Answer: Answers will vary.

Diff: 3

Skill: Applying/Analyzing

Learning Outcome: 1.8

Chapter/Section: 1.8

8) Two Dietary Reference Intakes (DRIs) apply to energy intake. Identify these and distinguish between them.

Answer: Answers will vary.

Diff: 4

Skill: Applying/Analyzing
Learning Outcome: 1.4

Chapter/Section: 1.4

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