Nutrition and You 6th edition Blake Test Bank

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Nutrition and You, 6e **(Blake)**
Chapter 1 What Is Nutrition?

1) The strongest determinant of what Americans eat is
A) habit.
B) taste.
C) convenience.
D) price.
Answer: B
Page Ref: 5
Skill: Knowledge
Learning Outcome: 1.1
Section: 1.1

2) The substance that carries nutrients to cells and waste products from cells, that helps maintain body temperature, and acts as a lubricant and protective cushion is
A) carbon.
B) nutrients.
C) water.
D) protein.
Answer: C
Page Ref: 10-11
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

3) The stepwise process used by scientists to generate sound research findings is
A) the scientific method.
B) the hypothesis.
C) research.
D) validity.
Answer: A
Page Ref: 17
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

4) An idea generated by scientists based on their observations is a
A) theory.
B) hypothesis.
C) research.
D) study.
Answer: B
Page Ref: 17
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

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5) Research that examines populations of people is
A) experimental research.
B) control research.
C) treatment research.
D) epidemiological research.
Answer: D
Page Ref: 18
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

6) Which type of research includes two or more groups of individuals?
A) Observational research
B) Epidemiological research
C) Experimental research
D) Treatment research
Answer: C
Page Ref: 18
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

7) Double-blind, placebo-controlled groups are established in
A) observational research.
B) epidemiological research.
C) experimental research.
D) treatment research.
Answer: C
Page Ref: 19
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

8) The gold standard of research is the
A) double-blind, placebo group study.
B) epidemiological study.
C) treatment and control study.
D) controlled study.
Answer: A
Page Ref: 19
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

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9) A sugar pill that has no impact on the individual's health would be an example of
A) a placebo.
B) a control.
C) an epidemiological.
D) an experimental.
Answer: A
Page Ref: 18-19
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

10) The body-sustaining compounds carbohydrates, fats, proteins, vitamins, minerals, and water are called
A) nutrition.
B) nutrients.
C) metabolism.
D) nutritional status.
Answer: B
Page Ref: 4
Skill: Knowledge
Learning Outcome: 1.1
Section: 1.1

11) A whole wheat cracker with 13 grams of carbohydrates, 4 grams of fat, and 1 gram of protein contains
A) 54 calories.
B) 65 calories.
C) 70 calories.
D) 92 calories.
Answer: D
Page Ref: 10
Skill: Application
Learning Outcome: 1.3
Section: 1.3

12) A health professional who has completed at least a bachelor's degree in nutrition from an accredited university in the United States, completed a supervised practice, and passed an exam administered by the credentialing agency for the Academy of Nutrition and Dietetics is called a
A) specialist in nutritional genomics.
B) nutritionist.
C) public health nutritionist.
D) registered dietitian nutritionist.
Answer: D
Page Ref: 20
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

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13) Who among the following is most likely to be an expert in medical nutrition therapy?
A) A registered dietitian nutritionist
B) A public health nutritionist
C) A scientist
D) A researcher
Answer: A
Page Ref: 20
Skill: Comprehension
Learning Outcome: 1.6
Section: 1.6

14) Luis just been diagnosed with diabetes. The most credible Internet nutrition websites for Luis would include
A) ".org" or ".com".
B) ".edu" or ".gov".
C) the word "diabetes."
D) the word "miracle."
Answer: B
Page Ref: 22
Skill: Comprehension
Learning Outcome: 1.6
Section: 1.6

15) Which of the following could influence the accuracy of a website?
A) The year the information was published
B) The expertise and credentials of the writers
C) The funding source of the website
D) All of the above
Answer: D
Page Ref: 22
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

16) Mario has just been diagnosed with high cholesterol, and he would like to lower his cholesterol through his diet. Which of the following would be most helpful to Mario?
A) A registered dietitian nutritionist
B) A public health nutritionist
C) An article about lowering cholesterol in lab rats
D) A website run by a pharmaceutical company that sells cholesterol-lowering drugs
Answer: A
Page Ref: 20
Skill: Application
Learning Outcome: 1.6
Section: 1.6

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17) Which of the following is NOT an essential nutrient because the body does not need it to function?
A) Water
B) Carbohydrates
C) Proteins
D) Alcohol
Answer: D
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

18) The reactions that take place in a cell represent
A) nutrients.
B) kilocalories.
C) calories.
D) metabolism.
Answer: D
Page Ref: 5
Skill: Knowledge
Learning Outcome: 1.1
Section: 1.1

19) Many Americans need to eat more foods that are
A) prepared at home, and that are rich in fiber, vitamin D, potassium, calcium, and fiber.
B) prepared in supermarket delis, and that are rich in fiber, vitamin D, potassium, calcium, and fiber.
C) prepared in restaurants, and that are rich in fiber, vitamin D, potassium, calcium, and fiber.
D) prepared as combination dishes in restaurants, and that are rich in fiber, vitamin D, potassium, calcium, and fiber.
Answer: A
Page Ref: 12
Skill: Comprehension
Learning Outcome: 1.5
Section: 1.5

20) For many Americans, foods that are rich in vitamin D, potassium, calcium, and fiber need to be consumed
A) less frequently.
B) more frequently.
C) with water.
D) without water.
Answer: B
Page Ref: 12
Skill: Comprehension
Learning Outcome: 1.5
Section: 1.5

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21) Most Americans would benefit from eating less
A) sugar, sodium, and fat.
B) vitamin D, fiber, and iron.
C) selenium and sodium.
D) sugar, sodium, and saturated fat.
Answer: D
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

22) Calories from the macronutrients are used as energy during the process of
A) metabolism.
B) nutrition.
C) energy production.
D) metabolic states.
Answer: A
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

23) Each carbohydrate or protein gram provides _____ calories.
A) 9
B) 7
C) 2
D) 4
Answer: D
Page Ref: 9
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

24) Adolescents who skip breakfast are at higher risk for being diagnosed with
A) dehydration.
B) poverty.
C) overhydration.
D) obesity.
Answer: D
Page Ref: 13
Skill: Comprehension
Learning Outcome: 1.5
Section: 1.5

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25) Which of the following is most likely to lead to overweight or obesity?
A) Skipping breakfast
B) Taking vitamin supplements
C) Taking mineral supplements
D) Drinking too much water
Answer: A
Page Ref: 13
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

26) The portion of plant foods that isn't completely digested in the stomach and small intestine is
A) minerals.
B) vitamins.
C) phytochemicals.
D) fiber.
Answer: D
Page Ref: 11
Skill: Knowledge
Learning Outcome: 1.4
Section: 1.4

27) If you are a typical American, you probably need to consume less
A) sugar, sodium, and saturated fat.
B) fiber and carbohydrates.
C) vitamins A and D.
D) potassium and calcium.
Answer: A
Page Ref: 12
Skill: Comprehension
Learning Outcome: 1.5
Section: 1.5

28) Most Americans need to consume more
A) fruit juices.
B) refined grains.
C) fruits.
D) fat.
Answer: C
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

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29) Most Americans need to eat more
A) fruits and vegetables.
B) proteins.
C) refined grains.
D) restaurant foods.
Answer: A
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

30) The macronutrient which supplies glucose, which cells use as the major energy source to fuel your body, is
A) lipids.
B) fats.
C) carbohydrates.
D) proteins.
Answer: C
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

31) Most of your daily calories should come from
A) fats.
B) lipids.
C) proteins.
D) carbohydrates.
Answer: D
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

32) Carbohydrates, fats, and proteins are
A) energy-providing nutrients.
B) nonessential because the body can make some of each nutrient.
C) micronutrients.
D) essential sources of water.
Answer: A
Page Ref: 9
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

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33) Which of the following help(s) maintain body temperature and surround(s) your organs?
A) Carbohydrates
B) Proteins
C) Water
D) Fats
Answer: C
Page Ref: 10-11
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

34) The essential nutrient that surrounds every cell is
A) proteins.
B) fats.
C) carbohydrate.
D) water.
Answer: D
Page Ref: 10-11
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

35) The number of grams of carbohydrates, protein, and fat in foods and beverages determines its number of
A) calories.
B) nutrients.
C) grams.
D) vitamins.
Answer: A
Page Ref: 10
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

36) The substance that maintains body temperature, and acts as a lubricant and protective cushion is
A) protein.
B) fats.
C) carbohydrates.
D) water.
Answer: D
Page Ref: 10-11
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

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37) The more vitamin supplements a person takes, the more energy the person will have.
Answer: FALSE
Page Ref: 9-10
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

38) Water does not provide energy to the body.
Answer: TRUE
Page Ref: 9-11
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

39) The body makes some of the carbohydrates, fats, protein, vitamins, and minerals that it needs.
Answer: FALSE
Page Ref: 9
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

40) Nutrition is the scientific study of how nutrients and compounds in foods affect body functions and health.
Answer: TRUE
Page Ref: 8
Skill: Knowledge
Learning Outcome: 1.2
Section: 1.2

41) Micronutrients are vitamins and minerals that are needed in minimal amounts; and macronutrients like carbohydrates, fats, and proteins are needed in larger amounts.
Answer: TRUE
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

42) Water is part of the fluid inside and outside the cells.
Answer: TRUE
Page Ref: 10-11
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

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43) Alcohol is not an essential nutrient.
Answer: TRUE
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

44) Carbohydrates and protein provide 4 calories per gram, and fats provide 9 calories per gram.
Answer: TRUE
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

45) You are a product of what you eat, what you *don't* eat, or what you may eat *too much* of.
Answer: TRUE
Page Ref: 8
Skill: Knowledge
Learning Outcome: 1.2
Section: 1.2

46) One kilocalorie or calorie is equivalent to the amount of energy needed to raise the temperature of 1 kilogram of water 1 degree Celsius.
Answer: TRUE
Page Ref: 4
Skill: Knowledge
Learning Outcome: 1.1
Section: 1.1

47) According to federal law, unhealthy foods cannot be marketed during children's television programs.
Answer: FALSE
Page Ref: 25
Skill: Comprehension
Learning Outcome: 1.6
Section: 1.6

48) Carotenoids are the phytochemicals that give cantaloupe its orange color, and may have cancer-fighting properties.
Answer: TRUE
Page Ref: 11
Skill: Knowledge
Learning Outcome: 1.4
Section: 1.4

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49) Many Americans eat too much sugar in fruits.
Answer: FALSE
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

50) Most of the excess sugar in the American diet comes from soft drinks, other sugary beverages, sweets and treats.
Answer: TRUE
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

51) Many Americans need to eat more fruits, vegetables, and refined grains.
Answer: FALSE
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

52) Many Americans do not get enough vitamin D, potassium, calcium, and fiber.
Answer: TRUE
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

53) Many Americans need to eat foods that are rich in vitamin D, potassium, calcium, and fiber.
Answer: TRUE
Page Ref: 12
Skill: Comprehension
Learning Outcome: 1.5
Section: 1.5

54) A health website that includes ".edu" or ".gov" is likely to offer credible nutrition information.
Answer: TRUE
Page Ref: 22
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

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55) As long as a website address includes the term ".org", the information is credible.
Answer: FALSE
Page Ref: 22
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

56) The average American diet is high in added sugars, sodium, saturated fat, and calories, but low in calcium, potassium, vitamin D, and fiber.
Answer: TRUE
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

57) Americans with obesity generally exceed their calorie requirements and overconsume many nutrients as a result.
Answer: FALSE
Page Ref: 13
Skill: Comprehension
Learning Outcome: 1.5
Section: 1.5

58) Prepared foods purchased outside the home are just as nutritious as foods prepared in the home.
Answer: FALSE
Page Ref: 13
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

59) Americans who eat fast food on a regular basis are at increased risk for overweight and obesity.
Answer: TRUE
Page Ref: 13
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

60) Children and adolescents who skip breakfast may be at higher risk of obesity.
Answer: TRUE
Page Ref: 13
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

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61) All Americans have access to enough healthy foods to satisfy their basic, daily food needs.
Answer: FALSE
Page Ref: 6
Skill: Knowledge
Learning Outcome: 1.1
Section: 1.1

62) Since our bodies need a lot of vitamins and minerals, it is always beneficial to take a supplement to make sure we are meeting our needs.
Answer: FALSE
Page Ref: 10
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

63) As long as a hypothesis is supported by research, research findings are published in peer-reviewed journals.
Answer: FALSE
Page Ref: 18
Skill: Comprehension
Learning Outcome: 1.6
Section: 1.6

64) The rates of overweight, but not obesity, are decreasing in the United States.
Answer: FALSE
Page Ref: 13
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

65) Nutrition plays an important role in preventing four of the leading causes of death in the United States—heart disease, cancer, stroke, and diabetes.
Answer: TRUE
Page Ref: 8
Skill: Knowledge
Learning Outcome: 1.2
Section: 1.2

66) All Americans would benefit from taking supplements.
Answer: FALSE
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.4
Section: 1.4

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67) Nutrients work together to provide energy and to regulate body processes.
Answer: TRUE
Page Ref: 4, 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

68) Carbohydrates, fats, and proteins are energy-providing nutrients.
Answer: TRUE
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

69) Micronutrients and macronutrients provide calories.
Answer: FALSE
Page Ref: 9-10
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

70) Many Americans need to eat less sugar, sodium, and saturated fat, and fiber.
Answer: FALSE
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

71) Many Americans eat too much added sugar, sodium, and saturated fat, and too little fiber.
Answer: TRUE
Page Ref: 13
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

72) Juan has relocated to a new city. He does not know how to cook so he eats out for breakfast, lunch, and dinner. What is the disadvantage of eating out?
Answer: Prepared foods purchased outside the home tend to be less nutritious than those foods prepared in the home. If Juan is eating fast-food meals frequently, this could increase his risk of weight gain, overweight, and obesity.
Page Ref: 13
Skill: Comprehension
Learning Outcome: 1.5
Section: 1.5

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73) Describe the obesity rates in the United States.
Answer: Over 70 percent of American adults have overweight, including those who are obese. Over 40 percent of American adults have obesity. These percentages are the highest ever reported.
Page Ref: 13
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

74) List the similarities of macronutrients.
Answer: Carbohydrates, fats, and proteins are energy-providing nutrients, because they contain calories. They are all organic substances because they contain the element carbon. They also contain two other elements, hydrogen and oxygen.
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

75) Describe how the composition of the body is similar to the composition of foods.
Answer: You are a product of what you eat, what you *don't* eat, or what you may eat *too much* of. The body is made up of the same essential nutrients that are found in foods. The body is mostly water, then carbohydrates, fats, and proteins. Foods contain different amounts of these same macronutrients. An imbalance of just one nutrient will affect your health.
Page Ref: 8-9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

76) Differentiate among the six categories of essential nutrients found in food and in the body.
Answer: The six categories of nutrients are: carbohydrates, fats, proteins, vitamins, minerals, and water. Calories from the macronutrients (carbohydrates, fats, and proteins) are used as energy during the process of metabolism, and many vitamins, minerals, and water are essential to this process. Vitamins and minerals are also needed for growth and reproduction and to help repair and maintain your body. Carbohydrates and proteins provide 4 calories per gram. Fats provide 9 calories per gram. Vitamins and minerals and water do not contain calories, but they are essential for optimal body functions in smaller amounts than the macronutrients—carbohydrates, fats, and proteins.
Page Ref: 9
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

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77) What is the difference between macronutrients and micronutrients?
Answer: The energy-producing macronutrients carbohydrates, fats, and proteins are needed in larger quantities; but the micronutrients vitamins and minerals are needed in smaller quantities. Micronutrients do not produce energy.
Page Ref: 9
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

78) List the factors that influence an individual's food choices.
Answer: Taste, nutrient content, cost, culture, social reasons, advertising, convenience, time, emotions, habits, nutrition knowledge and trends all influence an individual's food choices.
Page Ref: 5
Skill: Knowledge
Learning Outcome: 1.1
Section: 1.1

79) Which nutrients are typically underconsumed by Americans?
Answer: Fiber, potassium, vitamin D, calcium, and fiber are typically underconsumed by Americans. American women often fall short on iron.
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

80) What is Healthy People 2030? Discuss the overarching goals.
Answer: *Healthy People 2030* is a set of disease prevention and health promotion objectives for Americans to meet during the third decade of the twenty-first century. It focuses on several overarching goals: attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death; eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all; create social, physical, and economic environments that promote attaining the full potential for health and well-being for all; promote healthy development, healthy behaviors, and well-being across all life stages; engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being for all.
Page Ref: 13-14
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

81) Which food groups are many Americans underconsuming?
Answer: Many Americans underconsume fruits and vegetables.
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

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82) What is the Scientific Method and what are the steps?
Answer: The Scientific Method is a stepwise process used by scientists to generate sound research findings. The steps include: (1) Observe and ask a question, (2) Formulate a hypothesis, (3) Conduct an experiment, (4) Indicate whether the hypothesis is supported or not supported, (5) Revise or formulate a new hypothesis.
Page Ref: 17
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

83) List four nutrition-related causes of death in the United States.
Answer: Heart disease, cancer, stroke, and diabetes are nutrition-related causes of death in the United States.
Page Ref: 8
Skill: Knowledge
Learning Outcome: 1.2
Section: 1.2

84) Give two examples of situations where nutrient supplements may be beneficial.
Answer: Someone who is lactose intolerant (meaning they have difficulty digesting milk products) may have to meet their calcium needs from other sources. A calcium supplement could be an option for these individuals. During pregnancy, iron needs increase significantly, and supplementation is often recommended.
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.4
Section: 1.4

85) Who can individuals with obesity trust to provide credible nutrition information that will help them to lose weight?
Answer: Individuals with obesity can trust registered dietitian nutritionists, health professionals who have completed at least a bachelor's degree in nutrition from an accredited university or college in the United States, completed a supervised practice, and passed an exam administered by the Commission on Dietetic Registration, the credentialing agency for the Academy of Nutrition and Dietetics (AND). Registered dietitian nutritionists are trained to provide medical nutrition therapy, which is an integration of nutrition counseling and dietary changes based on an individual's medical history and current health needs to improve that person's health. RDNs work with their patients to make dietary changes that can help prevent diseases such as heart disease, diabetes, stroke, and obesity.
Page Ref: 20
Skill: Comprehension
Learning Outcome: 1.6
Section: 1.6

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86) What is fiber and why is it important?
Answer: Fiber is the portion of plant foods that isn't completely digested in the stomach and small intestine. Some foods such as whole grains, fruits, and vegetables that are high in fiber are also phytochemical powerhouses. Studies have shown that diets rich in these plant-based foods fight many diseases. Fiber is not found in meat, poultry, or fish.
Page Ref: 11
Skill: Knowledge
Learning Outcome: 1.4
Section: 1.4

87) Explain the benefits of a well-balanced diet.
Answer: A well-balanced diet is composed of a variety of foods that provide important macronutrients, micronutrients, phytochemicals (nonnutritive compounds in many foods), and fiber that the body needs. Phytochemicals are nonnutrient disease-fighting substances in foods. Fiber is the portion of plant foods that isn't completely digested in the stomach and small intestine. A well-balanced, healthy diet can help reduce the risk of heart disease, cancer, stroke, and diabetes, which are leading causes of death among Americans.
Page Ref: 8, 11-12
Skill: Knowledge
Learning Outcome: 1.4
Section: 1.4

88) Why is a well-balanced diet superior to nutrient supplements?
Answer: A well-balanced diet is composed of a variety of foods that provide important macronutrients, micronutrients, phytochemicals, and fiber that the body needs. Don't assume that these compounds can be extracted from foods, put in a pill, and still produce the same positive effect on your health. The disease-fighting properties of phytochemicals likely go beyond the compounds themselves and work with fiber, nutrients, or unknown substances in foods to provide a synergistic, positive effect on your health.
Page Ref: 11
Skill: Comprehension
Learning Outcome: 1.4
Section: 1.4

89) How many calories are provided by carbohydrates, proteins, and lipids?
Answer: While carbohydrates and proteins each contribute 4 calories per gram, 1 gram of lipids contributes 9 calories per gram.
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

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90) Discuss the similarities of macronutrients and micronutrients.
Answer: Both macronutrients and micronutrients are essential for growth, reproduction, repair, and maintenance; and for the regulation of body processes. Calories from macronutrients are used as energy during the process of metabolism, and many micronutrients are essential to this process.
Page Ref: 4, 9
Skill: Comprehension
Learning Outcome: 1.3
Section: 1.3

91) Describe the effect on the body of having too much or too few nutrients.
Answer: Your body needs all the nutrients to function properly. An acute deficiency of even one nutrient will negatively affect your body's ability to function in the short term. Chronic deficiencies, excesses, and imbalances of many nutrient can also affect your long-term health.
Page Ref: 8
Skill: Knowledge
Learning Outcome: 1.1
Section: 1.1

92) How can consumers find credible nutrition information online?
Answer: When obtaining nutrition information from the Internet, consumers need to carefully peruse the site to make sure that it is credible, contains up-to-date information, and its content isn't influenced by those that fund and support the website. Websites which contain the letters ".edu" and ".gov" may provide accurate nutrition information.
Page Ref: 21-24
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

93) Why is nutrition important?
Answer: Good nutrition plays a role in reducing the risk of four of the top ten leading causes of death in the United States—heart disease, cancer, stroke, and diabetes. Nutrition also plays an important role in preventing other diseases and conditions that can impede your lifestyle. A healthy diet can help keep your bones strong and reduce your risk of osteoporosis. Eating right will help you better manage your body weight, which in turn will reduce your risk of developing obesity, diabetes, and high blood pressure.
Page Ref: 8
Skill: Knowledge
Learning Outcome: 1.2
Section: 1.2

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94) How are macronutrients such as carbohydrates, fats, and proteins different from water, vitamins, and minerals?
Answer: Carbohydrates, fats, and proteins provide energy. These macronutrients all contain carbon and are called organic substances. Water, vitamins, and minerals are essential nutrients that do not provide energy. They do not contain carbon and are called inorganic substances.
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

95) The leading cause of death in the United States is
A) cancer.
B) heart disease.
C) stroke.
D) diabetes.
Answer: B
Page Ref: 8
Skill: Knowledge
Learning Outcome: 1.2
Section: 1.2

96) Which of the following is a reason people purchase the foods they do?
A) Habit
B) Cost
C) Taste
D) All of the above
Answer: D
Page Ref: 5-7
Skill: Knowledge
Learning Outcome: 1.1
Section: 1.1

97) All of the following are correct about the typical American diet EXCEPT that it is
A) high in saturated fat.
B) high in fiber.
C) high in added sugar.
D) high in sodium.
Answer: B
Page Ref: 12
Skill: Knowledge
Learning Outcome: 1.5
Section: 1.5

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98) What is the first step of the Scientific Method?
A) Revise the hypothesis.
B) Conduct an experiment.
C) Publish the findings.
D) Observe and ask a question.
Answer: D
Page Ref: 17
Skill: Knowledge
Learning Outcome: 1.6
Section: 1.6

99) All of the following are macronutrients EXCEPT
A) vitamins.
B) water.
C) carbohydrates.
D) lipids
Answer: A
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

100) How many calories are in each gram of fat, protein, and carbohydrate respectively?
A) 9, 4, 4
B) 4, 4, 9
C) 9, 4, 9
D) 9, 9, 4
Answer: A
Page Ref: 9
Skill: Knowledge
Learning Outcome: 1.3
Section: 1.3

101) What is a good question to consider when reading nutrition information online?
A) Who pays for the site?
B) When was the information published?
C) What is the goal of the site?
D) All of the above
Answer: D
Page Ref: 22-24
Skill: Comprehension
Learning Outcome: 1.6
Section: 1.6

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