Nutrition for Health and Health Care 7th edition DeBruyne Test Bank

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Chapter 01

1. Minerals and water are organic and yield energy in the human body.

a. True

b. False

ANSWER:	False
POINTS:	1
REFERENCES:	1.2 The Nutrients
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/12/2016 6:02 AM
DATE MODIFIED:	1/25/2016 6:29 AM

2. An excess intake of protein can never lead to becoming overweight.

a. True

b. False

ANSWER:	False
POINTS:	1
REFERENCES:	1.2 The Nutrients
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS:	Bloom's: Understand
DATE CREATED:	1/12/2016 6:05 AM
DATE MODIFIED:	1/25/2016 6:29 AM

3. The Dietary Reference Intakes reflect the collaborative efforts of scientists to produce a set of standards for the amount of energy, nutrients, and other dietary components that best support health.

a. True

b. False

ANSWER:	True
POINTS:	1
REFERENCES:	1.3 Nutrient Recommendations
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/12/2016 6:06 AM
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4. To ensure that the vitamin and mineral recommendations meet the needs of as many people as possible, the

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recommendations are set near the top end of the range of the population's estimated average requirements.

a. True

b. False

ANSWER: True
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 6:09 AM
DATE MODIFIED: 1/25/2016 6:29 AM

5. Dietary Reference Intakes are values that are appropriate to use for planning and assessing diets for individuals and groups.

a. True

b. False

ANSWER: True
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 6:10 AM
DATE MODIFIED: 1/25/2016 6:29 AM

6. Consuming nutrient-dense foods can help control your kcalorie intake.

a. True

b. False

ANSWER: True
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Understand
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7. Bioactive food components, or phytochemicals, may increase the risk of cancer.

a. True

b. False

ANSWER:	False
POINTS:	1
REFERENCES:	1.1 Food Choices
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.16 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS:	Bloom's: Understand
DATE CREATED:	1/12/2016 6:30 AM
DATE MODIFIED:	1/25/2016 6:29 AM

8. A package of prunes states that the product is a good fiber source, and the Nutrition Facts panel indicates the product contains 12% of the Daily Value for dietary fiber. This product can legally make this claim.

a. True

b. False

ANSWER:	True
POINTS:	1
REFERENCES:	1.6 Food Labels
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS:	Bloom's: Apply
DATE CREATED:	1/12/2016 6:32 AM
DATE MODIFIED:	10/13/2018 4:39 PM

9. A carton of yogurt claims that it is fat free, and the Nutrition Facts panel indicates the product contains 5 grams of fat per serving. This product can legally make this claim.

a. True

b. False

ANSWER:	False
POINTS:	1
REFERENCES:	1.6 Food Labels
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS:	Bloom's: Apply
DATE CREATED:	1/12/2016 6:33 AM
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10. A package of cookies claims that the cookies are low kcalorie, and the Nutrition Facts panel indicates that each cookie

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provides 70 kcalories. This product can legally make this claim.

a. True

b. False

ANSWER: False
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/12/2016 6:34 AM
DATE MODIFIED: 1/25/2016 6:29 AM

11. Some nutritionists are registered dietitians, but others are self-described experts whose training is minimal or nonexistent.

a. True

b. False

ANSWER: True
POINTS: 1
REFERENCES: 1.7 Nutrition in Practice 1: Finding the Truth about Nutrition
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.7 - Discuss how misinformation and reliable nutrition information can be identified.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/12/2016 6:35 AM
DATE MODIFIED: 1/25/2016 6:29 AM

12. Many Americans enjoy turkey and pumpkin pie at Thanksgiving due to:

a. habit.

b. associations.

c. values.

d. emotional state.

e. age.

ANSWER: b
POINTS: 1
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.16 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/12/2016 6:37 AM
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13. Personal preference plays a significant part in the food choices of an individual. Widely shared preferences include:
    a. a desire for sour tastes.
    b. significant nutritional value.
    c. tastes for salt and sugar.
    d. a craving for protein.
    e. avoidance of organic food.

ANSWER:	c
POINTS:	1
REFERENCES:	Bloom's: Understand
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.16 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS:	Bloom's: Understand
DATE CREATED:	1/12/2016 6:39 AM
DATE MODIFIED:	10/13/2018 4:40 PM

14. You are at a friend's house and he offers to share a snack. You eat some even though you aren't hungry primarily because of:
    a. emotional state.
    b. associations.
    c. social interaction.
    d. ethnic heritage.
    e. availability.

ANSWER:	c
POINTS:	1
REFERENCES:	1.1 Food Choices
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.16 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/12/2016 6:49 AM
DATE MODIFIED:	10/13/2018 4:44 PM

15. Which of the following foods best exemplifies the Mediterranean culture?
    a. soybeans, squid, rice, peanuts
    b. tomatoes, olives, fish, mozzarella cheese
    c. tortillas, corn, avocado, refried beans
    d. black-eyed peas, biscuits, peaches, beef
    e. rice, pineapple, chicken, chili peppers

ANSWER:	b
POINTS:	1
REFERENCES:	1.1 Food Choices

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QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.16 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/12/2016 6:51 AM
DATE MODIFIED: 1/25/2016 6:29 AM

16. Choose the ultra-processed food that should be eaten sparingly.
    a. soft drinks, corn chips, and toaster pastries
    b. oils, fats, flours, and refined starches
    c. vegetables, legumes, fruit, seafood, eggs, and nuts
    d. milk, yogurt, cheese, and eggs
    e. fruit, meat, nuts, and fish

ANSWER: a
POINTS: 1
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.16 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/12/2016 6:53 AM
DATE MODIFIED: 8/12/2018 1:37 PM

17. Orange juice fortified with calcium to help build strong bones is an example of a(n):
    a. phytochemical.
    b. structure-function claim.
    c. nutrient claim.
    d. health claim.
    e. ethnic food.

ANSWER: b
POINTS: 1
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/12/2016 6:55 AM
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18. All of the following nutrients are organic EXCEPT:
    a. vitamins.
    b. fat.

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c. protein.
d. minerals.
e. carbohydrates.

ANSWER: d
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/12/2016 11:16 PM
DATE MODIFIED: 10/13/2018 4:44 PM

19. The kcalorie content of a food depends on how much it contains of each of the following:
a. carbohydrate, fat, and protein.
b. carbohydrate, fat, and minerals.
c. carbohydrate, fat, and vitamins.
d. protein, fat, and minerals.
e. fat, vitamins, and minerals.

ANSWER: a
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.16 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 11:18 PM
DATE MODIFIED: 10/13/2018 4:44 PM

20. Which of the following statements about vitamins is true?
a. They are inorganic.
b. They facilitate the release of energy from the other three organic nutrients.
c. They are the medium in which all of the body's processes take place.
d. They provide energy to the body.
e. They are all non-essential nutrients.

ANSWER: b
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.

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KEYWORDS: Bloom's: Remember
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21. The essential nutrients are those:
    a. the body can make for itself.
    b. that are predominant in most foods.
    c. that must be obtained from foods.
    d. included in the main DRI table.
    e. that contribute to weight gain.

ANSWER: c
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/12/2016 11:23 PM
DATE MODIFIED: 10/13/2018 4:45 PM

22. Which of the following is a pure carbohydrate?
    a. oil
    b. cornbread
    c. sugar
    d. water
    e. spinach

ANSWER: c
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 11:25 PM
DATE MODIFIED: 1/25/2016 6:29 AM

23. Which of the following does NOT yield energy for the body?
    a. carbohydrate
    b. protein
    c. alcohol
    d. vitamins
    e. fat

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ANSWER: d
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 11:27 PM
DATE MODIFIED: 8/12/2018 1:11 PM

24. Vitamins provide ____ kcalories per gram.
    a. 0
    b. 4
    c. 7
    d. 9
    e. 27

ANSWER: a
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 11:33 PM
DATE MODIFIED: 1/25/2016 6:29 AM

25. How many kcalories are provided by a food that contains 25 g carbohydrate, 6 g protein, and 5 g fat?
    a. 172
    b. 169
    c. 142
    d. 102
    e. 188

ANSWER: b
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Analyze
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26. Which nutrient has the greatest energy density?
    a. carbohydrate
    b. protein
    c. fat
    d. vitamins
    e. alcohol

ANSWER: c
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/12/2016 11:38 PM
DATE MODIFIED: 1/25/2016 6:29 AM

27. How many fat kcalories are in a food that contains 15 grams of fat?
    a. 60
    b. 105
    c. 135
    d. 215
    e. 300

ANSWER: c
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Analzye
DATE CREATED: 1/12/2016 11:40 PM
DATE MODIFIED: 1/25/2016 6:29 AM

28. Your friend always refers to meat as protein. You try to correct her by stating that:
    a. practically all foods contain mixtures of the energy-yielding nutrients.
    b. protein is not the predominant nutrient in meat.
    c. protein-rich foods are always high in fat.
    d. meat contains more carbohydrate than protein.
    e. protein is an inorganic nutrient.

ANSWER: a
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/12/2016 11:42 PM
DATE MODIFIED: 10/13/2018 4:45 PM

29. Which energy-yielding food is pure fat?
    a. legumes
    b. beef
    c. potato
    d. oil
    e. corn

ANSWER: d
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 11:49 PM
DATE MODIFIED: 8/12/2018 1:41 PM

30. Alcohol:
    a. is a nutrient.
    b. promotes maintenance and repair in the body.
    c. contributes to body fat.
    d. is not metabolized into energy.
    e. is a phytochemical.

ANSWER: c
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/12/2016 11:51 PM
DATE MODIFIED: 10/13/2018 4:46 PM

31. Dietary Reference Intakes are designed to:
    a. recommend numbers of servings of food to eat per day.
    b. help food manufacturers decide on product contents and processing methods.
    c. meet minimum nutrient needs to prevent malnutrition in people.

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d. specify nutrient needs that best support the health of people in the United States and Canada.

e. provide daily value recommendations for children only.

ANSWER: d
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 11:54 PM
DATE MODIFIED: 10/13/2018 4:46 PM

32. The Recommended Dietary Allowances:

a. are designed primarily to prevent toxicities.

b. are set when there is a lack of scientific data to generate an Adequate Intake.

c. focus on all dietary components.

d. are the same as the Adequate Intakes (AI) guidelines.

e. are the foundation of the Dietary Reference Intakes.

ANSWER: e
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/12/2016 11:56 PM
DATE MODIFIED: 10/13/2018 4:46 PM

33. Which of the following Dietary Reference Intake categories is most appropriately used to develop and evaluate nutrition programs for groups?

a. Estimated Average Requirement

b. Tolerable Upper Intake Level

c. Adequate Intake

d. Recommended Dietary Allowance

e. Estimated Energy Requirement

ANSWER: a
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference

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	Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/12/2016 11:58 PM
DATE MODIFIED:	1/25/2016 6:29 AM

34. Consumers who take vitamin/mineral supplements should be aware that excessive intakes can pose hazards and refer to which values of the Dietary Reference Intakes?

a. Adequate Intake (AI)
b. Estimated Average Requirement (EAR)
c. Recommended Dietary Allowance (RDA)
d. Tolerable Upper Intake Level (UL)
e. Estimated Energy Requirement (EER)

ANSWER:	d
POINTS:	1
REFERENCES:	1.3 Nutrient Recommendations
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/13/2016 12:01 AM
DATE MODIFIED:	10/13/2018 4:47 PM

35. Which statement about Dietary Reference Intakes is *false*?

a. The DRI are designed to merely prevent nutrient deficiency diseases.
b. The DRI focus on disease prevention.
c. The DRI focus on adequacy of nutrients.
d. The DRI apply to the diets of individuals.
e. The DRI reflect research from both the U.S. and Canada.

ANSWER:	a
POINTS:	1
REFERENCES:	1.3 Nutrient Recommendations
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS:	Bloom's: Understand
DATE CREATED:	1/13/2016 12:04 AM
DATE MODIFIED:	10/13/2018 4:47 PM

36. Dietary Reference Intakes may be used to:

a. treat persons with diet-related illnesses.

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b. assess dietary nutrient adequacy.
c. specify the minimum daily intake of all nutrients.
d. design weight-loss plans.
e. make nutrient recommendations for adults only.

ANSWER: b
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2016 12:07 AM
DATE MODIFIED: 10/13/2018 4:49 PM

37. A good indicator of an adult's appropriate energy intake is a:
a. standard height.
b. low bone density.
c. characteristic elbow breadth.
d. poor appetite.
e. well planned diet.

ANSWER: e
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2016 12:09 AM
DATE MODIFIED: 7/17/2020 7:18 AM

38. An individual's Estimated Energy Requirement (EER) is an indicator of adequate:
a. bone loss.
b. body weight.
c. obvious signs of malnutrition.
d. body fat.
e. illness.

ANSWER: b
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:12 AM
DATE MODIFIED: 7/17/2020 7:21 AM

39. According to the DRI committee, fat should provide what percentage of daily kcalories?
    a. 45-65%
    b. 20-35%
    c. 10-35%
    d. 8-21%
    e. 65-75%

ANSWER: b
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:14 AM
DATE MODIFIED: 1/25/2016 6:29 AM

40. The data collected in nutrition surveys is used by the government to:
    a. establish public policy on nutrition education.
    b. regulate nutrition labeling on food products.
    c. decide what nutrition issues will be granted funds for research.
    d. assess the effectiveness of government publications about nutrition.
    e. guide decisions on new product development.

ANSWER: a
POINTS: 1
REFERENCES: 1.4 National Nutrition Surveys
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.4 - Describe the ways in which the kinds of information collected by researchers from nutrition surveys are used.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:17 AM
DATE MODIFIED: 10/13/2018 4:50 PM

41. One of the first nutritional surveys taken before World War II suggested:
    a. at least 90% of the population had adequate nutritional intakes.

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b. 75% of the population needed to change their eating habits.
c. less than 5% of the population were eating appropriately.
d. up to one-third of the population might be eating poorly.
e. national nutrition surveys did not reflect the actual eating patterns of Americans.

ANSWER: d
POINTS: 1
REFERENCES: 1.4 National Nutrition Surveys
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.4 - Describe the ways in which the kinds of information collected by researchers from nutrition surveys are used.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:19 AM
DATE MODIFIED: 10/13/2018 4:51 PM

42. Major reports regarding the contribution of diet and nutrition status to the health of the people of the United States depend on information collected by the:
a. Continuing Survey of Food Intakes by Individuals.
b. Healthy People program.
c. Nationwide Food Consumption Survey.
d. National Nutrition Monitoring program.
e. Supplemental Nutrition Assistance Program

ANSWER: c
POINTS: 1
REFERENCES: 1.4 National Nutrition Surveys
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.4 - Describe the ways in which the kinds of information collected by researchers from nutrition surveys are used.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:23 AM
DATE MODIFIED: 7/21/2020 2:59 PM

43. How often does Healthy People set new goals for improving the nation’s health?
a. every year
b. every 5 years
c. every 7 years
d. every 10 years
e. every 20 years

ANSWER: d
POINTS: 1
REFERENCES: 1.4 National Nutrition Surveys
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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LEARNING OBJECTIVES: NHHC.DEBR.17.1.4 - Describe the ways in which the kinds of information collected by researchers from nutrition surveys are used.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:25 AM
DATE MODIFIED: 1/25/2016 6:29 AM

44. Nutrient-dense foods:
    a. are iron rich.
    b. contain a mixture of carbohydrate, fat, and protein.
    c. carry nutrient labeling information.
    d. deliver the most nutrients for the smallest number of kcalories.
    e. contain an excess of added sugars.

ANSWER: d
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:27 AM
DATE MODIFIED: 10/13/2018 4:51 PM

45. Research confirms that a common contributor to three of the top five causes of death is:
    a. undernutrition.
    b. overnutrition.
    c. depression.
    d. vitamin deficiency.
    e. alcohol consumption.

ANSWER: b
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:30 AM
DATE MODIFIED: 10/13/2018 4:51 PM

46. The six diet planning principles are:
    a. adequacy, B vitamins, carbohydrates, meat, variety, and portion control.
    b. abundance, balance, carbohydrates, moderation, vegetables, and variety.

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c. adequacy, balance, kcalorie control, moderation, variety, and nutrient density.
d. abundance, B vitamins, kcalorie control, milk, vegetables, and nutrient density.
e. adequacy, carbohydrate restriction, kcalorie control, moderation, variety, and nutrient density.

ANSWER: c
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:32 AM
DATE MODIFIED: 10/13/2018 4:52 PM

47. Which of the following has the highest nutrient density?
a. lamb, ice cream, and pre-sweetened cereal
b. whole-grain bread, poultry, and skim milk
c. cottage cheese, sweet potatoes, and ham
d. dried apples, legumes, and pancakes
e. cheddar cheese, carrots, and bagels

ANSWER: b
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 12:34 AM
DATE MODIFIED: 10/13/2018 8:13 PM

48. Which of the following foods would provide the highest nutrient density for calcium?
a. cheddar cheese
b. fat-free milk
c. ice cream
d. frozen yogurt
e. soy milk

ANSWER: b
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Analyze
DATE CREATED: 1/13/2016 12:38 AM
DATE MODIFIED: 1/25/2016 6:29 AM

49. Foods such as potato chips, candy, and colas are called *empty-kcalorie foods* because they:
a. are inexpensive.
b. are lacking in calories.
c. provide calories but few nutrients.
d. should be eaten in moderation.
e. contain very little fat.

ANSWER: c
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:40 AM
DATE MODIFIED: 10/13/2018 8:13 PM

50. You are advising a client on components of the *Dietary Guidelines for Americans*. Which of the following would you include in your advice?
a. Increase intake of vegetables and fruits.
b. Decrease intake of milk and milk products to two cups per day.
c. Decrease intake of whole grains and other complex carbohydrates.
d. Increase intake of *trans* fats and saturated fats.
e. Avoid all carbohydrates.

ANSWER: a
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 12:42 AM
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51. Running at a pace of 5 miles/hour is an example of a:

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a. vigorous-intensity physical activity.
b. moderate-intensity physical activity.
c. muscle-strengthening physical activity.
d. anaerobic physical activity.
e. flexibility physical activity.

ANSWER: a
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 12:45 AM
DATE MODIFIED: 7/17/2020 7:22 AM

52. Health care professionals can be most successful at motivating others to become more physically active when they:
a. design age-specific programs.
b. develop workplace wellness programs.
c. deliver weekly lectures on the topic.
d. demonstrate a physically active lifestyle.
e. include regular physical activity as a component of therapy.

ANSWER: d
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:48 AM
DATE MODIFIED: 10/13/2018 8:14 PM

53. Which type of physical activities are recommended by the ACSM for developing and maintaining fitness?
a. cardiorespiratory, strength, and flexibility training
b. a balance of low-, moderate-, and vigorous-intensity activities
c. aerobic physical activity only
d. a combination of team sports and brisk walking
e. competitive bodybuilding

ANSWER: a
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides

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QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 12:54 AM
DATE MODIFIED: 1/25/2016 6:29 AM

54. Which group is not a basic food group included in the USDA Food Patterns?

a. milk and milk products group
b. vegetables group
c. fruits group
d. grains group
e. solid fats and added sugars group

ANSWER: e
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 1:04 AM
DATE MODIFIED: 1/25/2016 6:29 AM

55. A client consumes the following foods from the grain group of the USDA Food Patterns: $^{1}/_{2}$ cup oatmeal, 2 slices of bread, 3 cups popped popcorn, and 1 cup pasta. How many ounce equivalents did the client consume?

a. 2
b. 4
c. 6
d. 8
e. 10

ANSWER: c
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Analyze
DATE CREATED: 1/13/2016 1:06 AM
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56. According to the USDA Food Patterns, how many cup(s) of milk or the equivalent in milk products should someone who needs 2000 kcal/day should consume?

a. one
b. two
c. three
d. four
e. five

ANSWER: c
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 1:09 AM
DATE MODIFIED: 1/25/2016 6:29 AM

57. The USDA Food Intake Patterns:

a. do not emphasize nutrient-dense foods within each food group.
b. are a very rigid guide for providing a balanced diet.
c. fail to encourage the consumption of whole grains.
d. do not specify portion sizes.
e. builds a diet from categories of foods that are similar in vitamin and mineral content.

ANSWER: e
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2016 1:11 AM
DATE MODIFIED: 10/13/2018 8:14 PM

58. The USDA Food Intake Patterns encourage the greatest consumption of which of the following nutrients?

a. seafood
b. fruit
c. dairy products
d. beans
e. vegetables

ANSWER: e

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POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 1:13 AM
DATE MODIFIED: 1/25/2016 6:29 AM

59. For comparison purposes, three ounces of meat can be visualized as being about the size of:
    a. a 9-volt battery.
    b. a CD case.
    c. a deck of cards.
    d. a paperback book.
    e. a golf ball.

ANSWER: c
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 1:15 AM
DATE MODIFIED: 10/13/2018 8:15 PM

60. You are assessing your own diet. Which of the following would be the most practical tool to use?
    a. www.ChooseMyPlate.gov
    b. EARs
    c. DVs
    d. *Dietary Guidelines for Americans*
    e. Individual food labels

ANSWER: a
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 1:18 AM

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DATE MODIFIED: 1/25/2016 6:29 AM

61. Which statement is true regarding nutrition information on food labels?
    a. The 20 most frequently eaten fresh fruits and vegetables must be sold in packages with nutrition labels on them.
    b. Food manufacturers held to strict standards, called standards of identity, are not required to list ingredients on their labels.
    c. Nutrition information is not required on the labels of raw meat and poultry products.
    d. Plain coffee, tea, spices and other foods containing few nutrients are exempt from nutrition labeling requirements.
    e. Food imported from other countries is not required to be sold with nutrition labels.

ANSWER: d
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 1:20 AM
DATE MODIFIED: 7/17/2020 7:22 AM

62. A set of nutrient standards designed strictly for use on food labels is called the:
    a. Recommended Dietary Allowances.
    b. Dietary Reference Intakes.
    c. Daily Values.
    d. MyPlate guidelines.
    e. Nutrient claims

ANSWER: c
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2016 1:22 AM
DATE MODIFIED: 10/13/2018 8:15 PM

63. The Nutrition Facts label must contain information about which minerals, according to labeling standards?
    a. calcium, iron and potassium
    b. calcium and magnesium
    c. zinc and potassium
    d. iron and zinc
    e. calcium and Vitamin D

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ANSWER: a
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 1:24 AM
DATE MODIFIED: 7/17/2020 7:23 AM

64. To be labeled as "healthy," a food must be low in total, saturated fat, cholesterol, and sodium, and contain at least what percentage of the DV for vitamin A, vitamin C, iron, calcium, protein, or fiber?

a. 5
b. 10
c. 15
d. 20
e. 50

ANSWER: b
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 1:26 AM
DATE MODIFIED: 7/17/2020 7:24 AM

65. Which health claim linking nutrients and food constituents to disease is not reliable?

a. Calcium may reduce osteoporosis risk.
b. Zinc may enhance immune system response.
c. Folate may reduce neural tube defects risk.
d. Vegetables may reduce cancer risk.
e. Sodium reduces hypertension risk.

ANSWER: e
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 1:29 AM

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DATE MODIFIED: 7/17/2020 7:26 AM

66. A product featuring a qualified health claim on its label:
    a. must have the highest degree of scientific support for that claim.
    b. must provide an insert with a detailed explanation of the scientific support backing the claim.
    c. cannot be sold.
    d. must bear a statement explaining the degree of scientific evidence backing the claim.
    e. must be sold at a higher price that a similar product without a qualified health claim.

ANSWER: a
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2016 1:31 AM
DATE MODIFIED: 10/13/2018 8:16 PM

67. "Calcium builds strong bones" is an example of:
    a. qualified health claims.
    b. structure-function claims.
    c. scientific evidence.
    d. unsupported claims.
    e. nutrient claims.

ANSWER: b
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 1:34 AM
DATE MODIFIED: 10/13/2018 8:16 PM

68. Bob is reviewing information about a new supplement. Which of the following would be considered valid information and not a quackery warning sign?
    a. "quick and easy fix guaranteed"
    b. "cures all ailments"
    c. a simple conclusion drawn from a complex study
    d. an abstract published on the National Library of Medicine (NLM) PubMed website
    e. personal testimonials

ANSWER: d
POINTS: 1

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REFERENCES: 1.7 Nutrition in Practice 1: Finding the Truth about Nutrition
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.7 - Discuss how misinformation and reliable nutrition information can be identified.
KEYWORDS: Bloom's: Evaluate
DATE CREATED: 1/13/2016 1:36 AM
DATE MODIFIED: 7/17/2020 7:26 AM

69. You are searching the Internet for a credible source of nutrition information. Which of the following would be your best option?

a. government health agency.
b. national health food store chain.
c. multi-level marketing company that sells supplements.
d. popular fitness magazine.
e. a site that requires your credit card for access

ANSWER: a
POINTS: 1
REFERENCES: 1.7 Nutrition in Practice 1: Finding the Truth about Nutrition
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.7 - Discuss how misinformation and reliable nutrition information can be identified.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2016 1:43 AM
DATE MODIFIED: 1/25/2016 6:29 AM

70. The FDA advises consumers that:

a. a product that is labeled as “natural” and “non-toxic” is always safe to use.
b. products based on “ancient remedies” are preferable to those based on modern “scientific breakthroughs.”
c. they should be suspicious of product claims that use impressive-sounding medical terms.
d. an offer of a “money-back” guarantee from the manufacturer means the product is more likely to be effective.
e. personal testimonials effectively back up scientific validity.

ANSWER: c
POINTS: 1
REFERENCES: 1.7 Nutrition in Practice 1: Finding the Truth about Nutrition
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.7 - Discuss how misinformation and reliable nutrition information can be identified.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2016 1:45 AM
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71. You make an appointment to see a nutrition expert. In her office, a bachelor’s degree diploma from an accredited

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university hangs on the wall next to a certificate of completion of a dietetic internship. This person is most likely a:

a. dietetic technician.
b. registered dietitian.
c. nutritionist.
d. nutrition consultant.
e. physician.

ANSWER: b
POINTS: 1
REFERENCES: 1.7 Nutrition in Practice 1: Finding the Truth about Nutrition
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: NHHC.DEBR.17.1.7 - Discuss how misinformation and reliable nutrition information can be identified.
KEYWORDS: Bloom's: Evaluate
DATE CREATED: 1/13/2016 1:47 AM
DATE MODIFIED: 10/13/2018 8:17 PM

72. Identify and give an example of several factors that influence food choices.

ANSWER: Preference, such as sugar or salt tastes; Habit, such as eating a sandwich for lunch; Associations, such as holiday meals; ethnic heritage, such as olive oil consumption in the Mediterranean; social interaction, such as sharing food to demonstrate hospitality; emotional state, such as boredom eating; availability, such as fast food; age, such as teen girls avoiding fattening foods; body weight/image, such as avoiding fat to fit into a wedding dress; medical conditions, such as avoiding sugar in diabetics; health/nutrition, such as adopting a low-fat diet to prevent heart disease.
POINTS: 1
REFERENCES: 1.1 Food Choices
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NHHC.DEBR.17.1.16 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2016 2:01 AM
DATE MODIFIED: 1/25/2016 6:29 AM

73. Provide a rationale for the following statement: “Too much meat is just as fattening as too many potatoes.”

ANSWER: Most foods contain mixtures of all three energy-yielding nutrients, and the body first uses energy-yielding nutrients to build new compounds and fuel metabolic and physical activities. Excesses of any of the energy-yielding nutrients (protein, carbohydrates, and fat) are rearranged as storage compounds and result in weight gain.
POINTS: 1
REFERENCES: 1.2 The Nutrients
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic

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Chapter 01

LEARNING OBJECTIVES: NHHC.DEBR.17.1.2 - Identify which of the major classes of nutrients are organic and which yield energy.
KEYWORDS: Bloom's: Analyze
DATE CREATED: 1/13/2016 2:03 AM
DATE MODIFIED: 10/13/2018 8:18 PM

74. List and briefly describe the major categories of Dietary Reference Intakes and their uses.
ANSWER: Recommended Dietary Allowances (RDA)- the foundation of the DRI, the RDA are a set of values reflecting the average daily amounts of nutrients considered adequate to meet the known nutrient needs of practically all healthy people in a particular life stage and gender group, in other words, a goal for dietary intake by individuals; Adequate Intakes (AI)- a set of values that are used as guides for nutrient intakes when scientific evidence is insufficient to determine an RDA; Estimated Average Requirements (EAR)- the average daily nutrient intake levels estimated to meet the requirements of half of the healthy individuals in a given age and gender group; Tolerable Upper Intake Levels (UL)- a set of values reflecting the highest average daily nutrient intake levels that are likely to pose no risk of toxicity to almost all healthy individuals in a particular life stage and gender group; Estimated Energy Requirement (EER)- the dietary energy intake level that is predicted to maintain energy balance in a healthy adult of a defined age, gender, weight, and physical activity level consistent with good health.
POINTS: 1
REFERENCES: 1.3 Nutrient Recommendations
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NHHC.DEBR.17.1.3 - Describe the four categories of the Dietary Reference Intakes (DRI), the Estimated Energy Requirement (EER), and the Acceptable Macronutrient Distribution Ranges (AMDR).
KEYWORDS: Bloom's: Remember
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75. List the six principles of diet planning and briefly describe each one.
ANSWER: Adequacy- a diet with enough energy and enough of every nutrient (as well as fiber) to meet the needs of healthy people; Balance- the food choices should not overemphasize one nutrient or food type at the expense of another; kcalorie (energy) control- the foods should provide the amount of energy needed to maintain a healthy body weight; nutrient density- selection of foods that deliver the most nutrients for the least food energy; moderation- the provision of enough, but not too much, food; variety- consumption of a wide selection of foods within and among the major food groups.
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.

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KEYWORDS: Bloom's: Remember
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76. From the list of benefits of a physically active lifestyle presented in your text, choose six that apply directly to you and explain why.
ANSWER: Improved body composition- I struggle with limiting body fat and maintaining lean tissue, so physical activity helps improve it; Improved bone density- my risk of developing osteoporosis is increased, so physical activity helps to delay it; Lower risk of CVD and type 2 diabetes- both of these diseases run in my family, so physical activity can help delay progression of both of them; Lower incidence of anxiety/depression- exercise has been shown to prevent and reduce symptoms of anxiety and depression; High quality of life- I want to be able to do the things I want to do for as long as possible.
POINTS: 1
REFERENCES: 1.5 Dietary Guidelines and Food Guides
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NHHC.DEBR.17.1.5 - Explain how each of the dietary ideals can be used to plan a healthy diet, and how the Dietary Guidelines and USDA Food Intake Patterns help make diet planning easier.
KEYWORDS: Bloom's: Apply
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77. Identify characteristics of the Daily Values used on food labels, and explain their appropriate uses.
ANSWER: Daily Values set adequacy standards for nutrients that are desirable in the diet, such as protein, vitamins, minerals, and fiber, and they set moderation standards for nutrients that should be limited, such as fat, saturated fat, and sodium.
POINTS: 1
REFERENCES: 1.6 Food Labels
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: NHHC.DEBR.17.1.6 - Compare the information on food labels to make selections that meet specific dietary and health goals.
KEYWORDS: Bloom's: Remember
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