Nutrition for Foodservice and Culinary Professionals 9th edition Drummond Test Bank

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Chapter 1: Introduction to Nutrition

TEST QUESTIONS

Multiple Choice

1. The nourishing substances in food that provide energy and promote the growth and maintenance of the body are called:
   a. carbohydrates
   b. fats
   c. nutrients
   d. DRIs

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.1

2. About half of all American adults have one or more preventable diseases that are related to inactivity and:
   a. environment
   b. diet
   c. alcohol
   d. smoking

Difficulty: Easy
Bloom's: Knowledge1.1

3. The typical American does not eat enough:
   a. vegetables
   b. fruits
   c. whole grains
   d. all of the above

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.1

4. A healthy diet is higher in:
   a. soft drinks
   b. cookies
   c. seafood
   d. pretzels

Difficulty: Easy
Bloom's: Comprehension
Section Reference: 1.1

5. A healthy diet is lower in:
    a. vegetables
    b. fruits
    c. whole grains
    d. sugar-sweetened foods

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.1

6. Which of the following is an example of a processed food?
    a. whole-grain crackers
    b. ground beef
    c. fresh pear
    d. 1% milk

Difficulty: Medium
Bloom's: Comprehension
Section Reference: 1.2

7. White flour must be _____with several vitamins and iron.
    a. fortified
    b. enriched
    c. enhanced
    d. moderated

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.2

8. Vitamin D in milk is an example of:
    a. fortification
    b. enrichment
    c. enhancement
    d. moderation

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.2

9. Organic food is produced without:
    a. most conventional pesticides
    b. fertilizers made with synthetic ingredients
    c. ionizing radiation
    d. all of the above

Difficulty: Medium
Bloom's: Comprehension
Section Reference: 1.2

10. Phytochemicals are found in which food?
    a. beef
    b. milk
    c. blueberries
    d. butter
Difficulty: Medium
Bloom's: Comprehension
Section Reference: 1.2

11. The most important consideration when choosing something to eat is:
    a. cost
    b. convenience
    c. nutrition
    d. taste
Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.3

12. After age 50, your number of taste buds:
    a. increases
    b. decreases
    c. stays the same
    d. changes depending on your diet
Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.3

13. Umami, the fifth basic taste, can be found in:
    a. tomatoes
    b. green beans
    c. grapefruit
    d. hot chili peppers
Difficulty: Medium
Bloom's: Comprehension
Section Reference: 1.3

14. Textures that most people like include:
    a. tough
    b. crumbly
    c. soggy
    d. creamy
Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.3

15. Your food choices are influenced by:
    a. food cost
    b. food convenience
    c. social situations
    d. emotions
    e. all of the above

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.3

16. Your energy needs when your body is at rest and awake are referred to as:
    a. kilocalories
    b. basal metabolism
    c. exercise metabolism
    d. thermic effect of food

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

17. The BMR for women when compared to men is:
    a. lower than for men
    b. higher than for men
    c. about the same
    d. hard to compare

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

18. Most of the energy you burn is due to:
    a. basal metabolism
    b. physical activity
    c. thermic effect of food
    d. all of the above

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

19. The smallest contributor to your energy needs is:
    a. basal metabolism
    b. physical activity
    c. the energy needed to digest and absorb food
    d. all of the above

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

20. Smoking and caffeine have the following effect on basal metabolic rate:
    a. They increase metabolic rate.
    b. They decrease metabolic rate.
    c. Smoking decreases while caffeine increases energy expenditure.
    d. Smoking increases while caffeine decreases energy expenditure.

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

21. A nutrient that does **not** provide kcalories is:
    a. carbohydrate
    b. protein
    c. iron
    d. fat

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

22. Protein is an example of a:
    a. micronutrient
    b. macronutrient
    c. DRI
    d. non-nutrient

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

23. Lipids provide _____ kcalories per gram.
    a. 4
    b. 5
    c. 7
    d. 9

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

24. Butter and margarine are classified as:
    a. carbohydrates
    b. lipids
    c. proteins
    d. vitamins

Difficulty: Easy
Bloom's: Comprehension
Section Reference: 1.4

25. Sugars are a type of:
    a. carbohydrate
    b. lipids
    c. protein
    d. vitamin

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

26. Foods high in protein include:
    a. whole grains
    b. fruits and vegetables
    c. meat and poultry
    d. all of the above

Difficulty: Easy
Bloom's: Comprehension
Section Reference: 1.4

27. Which nutrient is ranked second only to oxygen as essential to life?
    a. sugar
    b. protein
    c. vitamins
    d. water

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

28. Nutrients that either cannot be made in the body or cannot be made in the quantities needed by the body are called:
    a. essential nutrients
    b. vital nutrients
    c. organic nutrients
    d. dense nutrients

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

29. The Recommended Dietary Allowance (RDA) is:
    a. the amount of a nutrient you should be taking in on a daily basis
    b. the amount of a nutrient you should be taking in on a weekly basis
    c. the maximum amount you should be taking on of a nutrient in one day
    d. set when there is inadequate research

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

30. The dietary intake that is used when there is not enough research to set a RDA is the:
    a. Dietary Reference Intake
    b. Estimated Average Requirement
    c. Tolerable Upper Intake Level
    d. Adequate Intake

Difficulty: Medium
Bloom's: Knowledge
Section Reference: 1.4

31. The range of intakes for a particular nutrient that is associated with reduced risk of chronic disease is:
    a. RDA
    b. UL
    c. EER
    d. AMDR

Difficulty: Medium
Bloom's: Knowledge
Section Reference: 1.4

32. The process by which food is broken down into its components in the mouth, stomach, and small intestine is:
    a. digestion
    b. absorption
    c. metabolism
    d. basal metabolism

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.5

33. Compounds that speed up the breaking down of food so that nutrients can be absorbed are called:
    a. helpers
    b. minerals
    c. metabolites
    d. enzymes

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.5

34. The digestive system starts with the:
    a. throat
    b. stomach
    c. mouth
    d. small intestine

Difficulty: Easy
Bloom's: Knowledge

Section Reference: 1.5

35. The digestive system organ that passes waste to be excreted and absorbs some water and minerals is the:
    a. stomach
    b. small intestine
    c. large intestine
    d. liver

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.5

36. An acid found in the stomach helps:
    a. absorb alcohol
    b. destroy harmful bacteria
    c. destroy important vitamins
    d. all of the above

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.5

37. Which nutrient takes the longest to exit from the stomach?
    a. carbohydrate
    b. protein
    c. fat
    d. water

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.5

38. Most nutrients are absorbed through the villi of the:
    a. stomach
    b. small intestine
    c. large intestine
    d. pharynx

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.5

39. Which of the following is a way to prevent heartburn?
    a. eat fatty foods
    b. drink extra coffee
    c. eat small meals
    d. gain weight

Difficulty: Easy
Bloom's: Knowledge

Section Reference: 1.5

40. Which food is a popular probiotic?
    a. hotdogs
    b. French fries
    c. milk
    d. yogurt

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.5

41. Which step can chefs take to have a sustainable kitchen?
    a. source local foods
    b. buy organic
    c. buy sustainable fish
    d. start a garden
    e. all of the above

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.6

42. When searching the Internet for a credible source of nutrition information, one should go to the website of a:
    a. government health agency
    b. national health food store chain
    c. marketing company that sells supplements
    d. popular fitness magazine

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.7

43. The primary nutrition expert in the U.S. is the:
    a. registered nurse
    b. registered dietitian/nutritionist
    c. diet technician
    d. nutrition consultant

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.7

True/False

44. Our choice of diet strongly influences whether we will get certain diseases such as heart disease.
    a. True
    b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.1

45. A significant number of customers at restaurants are seeking healthier menu options.
    a. True
    b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.1

46. Phytochemicals are found in plant foods such as broccoli.
    a. True
    b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.2

47. Flavor and taste are the same thing.
    a. True
    b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: .3

48. Smelling foods is just as important to detecting flavors as is tasting foods.
Difficulty: Easy
    a. True
    b. False

Bloom's: Knowledge
Section Reference: 1.3

49. Alcohol is a nutrient that provides 7 kcalories per gram.
    a. True
    b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

50. While minerals can be destroyed by heat and light, vitamins are indestructible.

a. True
b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

51. Digestive enzymes help speed up the process of digesting food.
a. True
b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.5

52. Producing beef is very sustainable.
a. True
b. False

Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.6

Essay

53. Describe five factors that influence food selection.
Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.3

54. List the six groups of nutrients.
Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

55. List the three factors on which your energy needs are based. Briefly describe each factor.
Difficulty: Easy
Bloom's: Knowledge
Section Reference: 1.4

56. How is digestion different from absorption?
Difficulty: Medium
Bloom's: Comprehension
Section Reference: 1.5

57. Briefly describe three things a chef can do to embrace sustainability in the kitchen.
Difficulty: Medium
Bloom's: Comprehension
Section Reference: 1.6

58. Tim is interested in building more muscle so he gets on the Internet to learn more. The most interesting website is the Vitamin Stop.com, which offers help picking out a supplement from their over 600 products for muscle building. Many of the products use "natural" ingredients such as energizers and antioxidants, and most can be used anytime to help build muscle. The company has stores in the United States so Tim figures the website is legitimate. How should Tim evaluate this website?
Difficulty: Medium
Bloom's: Application
Section Reference: 1.7

TEST QUESTIONS ANSWER KEY

Multiple Choice

1. c	16. b	31. d
2. b	17. a	32. a
3. d	18. a	33. d
4. c	19. c	34. c
5. d	20. a	35. c
6. a	21. c	36. b
7. b	22. b	37. c
8. a	23. d	38. b
9. a	24. b	39. c
10. c	25. a	40. d
11. d	26. c	41. e
12. b	27. d	42. a
13. a	28. a	43. b
14. d	29. a	
15. e	30. d	

True False

44. True
45. True
46. True
47. False
48. True
49. True
50. False
51. True
52. False

Essay Questions

53. Flavor, cost, convenience, nutrition, demographics, culture, religion, health, social and emotional influences, marketing and the media, environmental concerns
54. Carbohydrates, fats, protein, vitamins, minerals, water
55. The number of kcalories you need is based on three factors: your energy needs when your body is at rest and awake (referred to as basal metabolism), your level of physical activity, and the energy you need to digest and absorb food. Basal metabolic needs include energy needed for vital bodily functions when the body is at rest but awake.
56. Digestion is the process by which food is broken down into its components in the mouth, stomach, and small intestine with the help of digestive enzymes. Before the body can use any nutrients that are present in food, the nutrients must pass through the walls of the stomach or intestines into the body's tissues, a process called absorption. Nutrients are absorbed into the blood, where they circulate throughout the body, delivering needed products to the cells.
57. Source local farms, use farm-to-table concept, buy organic, buy sustainable fish, start a garden, serve meals lower on the food chain, buy coffee and tea from sustainable operations, reduce bottled beverages.
58. Tim should keep in mind that the website is just looking to sell him products that may do little or nothing to help him build muscle. If he had found a reputable site, he would have learned about how to exercise to build muscle. Tim should not assume that since the company has stores, they sell products that are safe and effective. Also, the word "natural" on the label does not support a product's safety.