Nutrition Essentials A Personal Approach 2nd edition Schiff Test Bank

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Unit 02 - Test Bank

1. A researcher observes that first-grade children who only eat foods sweetened with honey seem to behave the same as first-grade children who eat foods sweetened with cane sugar. After making the observation, the researcher decides to conduct a study to explore whether eating honey has any affect on school-age children's behavior. The researcher wants to follow the basic steps of the scientific method. Now that he's made the observation, his next step will be to

   A. ask a group of peer reviewers for their help in designing a single-blind study involving the dietary practices of children.
   B. develop a question that's based on his observations of the children's behavior and their intakes of sweeteners such as honey.
   C. analyze information about the general dietary practices and common behavioral problems of first-grade children.
   D. form at least two basic conclusions about behavioral problems that affect children who eat sweeteners such as honey.

2. A medical researcher asked 50 people with painful, arthritic knees to rub a cream that contained vitamin E on their knees for two weeks. At the end of the two weeks, she asked the subjects whether their knee pain improved, stayed about the same, or worsened during the treatment period. All 50 subjects reported improvement in their knee pain. Based on this information, which of the following statements is true?

   A. The researcher shouldn't report her findings, until she uses a single-blind study to test the vitamin E-containing cream.
   B. The results of this study prove that rubbing a cream that contains vitamin E on arthritic knees is a good way to relieve knee pain.
   C. The results about the benefits of using a vitamin E cream for knee pain are questionable, because the researcher didn't have a control group.
   D. The researcher should find a peer-review group to analyze her findings about the vitamin E-containing cream as a treatment for knee pain.

3. A group of researchers wants to conduct a scientific study to investigate dietary factors that affect the development of obesity. Which of the following activities is likely to be the first step of their research efforts?

   A. Observing the general dietary practices of obese people
   B. Analyzing data collected during the study
   C. Submitting an article that explains the experiment's design to a newspaper
   D. Reporting their results on a popular television program

4. Researchers at a major American university plan a scientific study to investigate lifestyle factors that contribute to heart disease. Which of the following activities is most likely to be a component of their research efforts?

   A. Announcing the results of the study on a popular TV program
   B. Submitting an article describing the study and its results to a peer-reviewed journal
   C. Obtaining the approval of the Federal Trade Commission (FTC) to conduct research on human subjects
   D. Using a single-blind study that includes placebos to test the question

5. A scientist conducts a study to determine the effects of the mineral cadmium on the weight of mice. She adds 5 mcg of the mineral to the daily diet of 100 4-week-old laboratory mice. Every week, the researcher records the weight of each mouse. At the end of the study, the scientist notes that 3 mice died, 40 mice lost weight, 40 mice gained weight, and the remaining 17 mice didn't gain or lose weight during the 12-week period. Based on this information, what would you tell the researcher about her findings?

   A. The findings are newsworthy and important enough to be published in a peer-reviewed nutrition journal.
   B. The findings are biased because the scientist used mice instead of humans in her study.
   C. The findings are not meaningful because of the way the scientist designed her study.
   D. The findings are very interesting and provide scientific proof that cadmium causes weight loss.

6. A nutrition researcher adds 30 mg of the mineral iron to the daily diet of 50 4-week-old laboratory mice. After ten weeks, the scientist takes blood samples from each mouse. According to his findings, the mice developed abnormal red blood cells. Based on this information and your knowledge of scientific research, what would you tell him?

   A. He should prepare a research article for submission to a peer-reviewed nutrition journal.
   B. He should report his findings to other nutrition scientists, so they can repeat his study and confirm the results.
   C. He should consider his findings as an observation and redesign the study to include a control group.
   D. He should call a press conference and report his findings to the public, so they can avoid consuming excess iron.

7. Derek consumes a protein-rich drink before and after his workouts. He told his workout partner that he became 200% stronger within a couple of months after he added the drink to his diet. His report about the positive effects of the special drink is an example of a(an)

   A. anecdote.
   B. testimonial.
   C. peer review.
   D. scientific conclusion.

8. Zack takes 500 mg of vitamin C daily. He advises his friends to take the vitamin C pills, because he claims the vitamin protects him from cold viruses. His information about the usefulness of the vitamin is a(an)

   A. motive.
   B. disclaimer.
   C. anecdote.
   D. bias.

9. Emily has brittle fingernails that crack and split easily. Emily's mother advises her daughter to take gelatin pills 3 times/day, because she's heard the practice strengthens fingernails. The mother's nutrition-related advice about the benefit of taking gelatin pills is an example of a(an)

   A. scientific conclusion.
   B. biased report.
   C. anecdote.
   D. testimonial.

10. Dylan takes garlic pills to lower his blood cholesterol level, and he recommends the pills to his friends, because he thinks the pills are helpful. Dylan's nutrition-related advice to his friends is an example of a(an)

A. motive.
B. testimonial.
C. bias.
D. anecdote.

11. Having a control group enables researchers to

A. provide specific treatments to participants of the group.
B. compare findings of the control group with those of the experimental group.
C. test possible questions for future research efforts.
D. avoid using harmful interventions when testing members of the experimental group.

12. Phil is a participant in a study designed to examine the effects of taking a new protein-containing product on muscle tissue development. Phil suspects he's in the experimental group, because he's certain his muscles are bigger and stronger as a result of taking the product supplied by the researchers. When the study is completed, Phil learns that he didn't receive the new source of protein. Phil thinks the researchers made a mistake—he's certain his muscle mass increased while he consumed the product. According to this information, Phil's belief that his physical condition improved while he participated in the study is an example of

A. an anecdotal report.
B. human subject bias.
C. participant fatigue.
D. the placebo effect.

13. Which of the following statements is untrustworthy or misleading because it contains a "red flag" of unreliable nutrition-related information?

A. People who have concerns about health-related products or treatments should be skeptical to avoid being cheated out of their money.
B. People who have cancer should take vitamin C pills because the pills have been clinically proven to cure cancer.
C. People who have complaints about false or misleading health claims should report them to the Federal Trade Commission.
D. People who have questions about medical conditions should seek answers from practitioners who have had the proper training and licensing.

14. Researchers are conducting a study to determine the effects of vitamin C on the human immune system. The study involves providing pills that contain vitamin C to one group of human subjects and pills that do not contain vitamin C or other active ingredients to another group of people. The pills that do not contain the vitamin are

A. supplements.
B. placebos.
C. treatments.
D. antidotes.

15. Researchers are conducting a study to determine the effects of vitamin D on the human body. The study involves providing pills that contain vitamin D to one group of human subjects and pills that do not contain the vitamin or other active ingredients to another group of people. The pills that do not contain vitamin D are

    A. distractors.
    B. antidotes.
    C. placebos.
    D. interventions.

16. Researchers are conducting a study to determine the effects of the mineral zinc on the human body. The study involves providing pills that contain zinc to one group of human subjects and pills that do not contain zinc or other active ingredients to another group of people. The pills that do not contain zinc are

    A. antidotes.
    B. placebos.
    C. supplements.
    D. probiotics.

17. Which of the following statements is true?

    A. In a single-blind study, both the researchers and the human subjects don't know their group assignments.
    B. In the United States, nutrition scientists often conduct studies on humans before doing animal testing.
    C. Before scientists begin their research, they usually develop a question to guide their study.
    D. An experimental study doesn't need to have a control group.

18. The government agency that enforces consumer protection laws by investigating false or misleading health-related claims is the

    A. Federal Trade Commission (FTC).
    B. Centers for Disease Control and Prevention (CDC).
    C. Agricultural Research Service (ARS).
    D. Environmental Protection Agency (EPA).

19. Mitch recently tried a hair-restoring product that he purchased from an Internet website. The package's label displayed the following claim: "Rubbing a tablespoon of 'NutraTerraMino' on your scalp each day will cure the hair loss associated with the aging process." After a month of using "NutraTerraMino" daily, he stopped because the product made his hair fall out. Based on this information, Mitch should file a complaint with the

    A. Federal Trade Commission.
    B. Bureau of Health Fraud.
    C. Environmental Protection Agency.
    D. Department of Public Safety.

20. You recently watched an infomercial at an Internet website in which an actor promoted a new weight loss product. The actor stated that you'll lose weight almost instantly by consuming the product, because it contains a secret herbal formula that's both safe and effective. The promoter also said that you can continue to eat all of your usual foods and still lose weight, while taking the herbal formula. You're concerned that people might waste their money on this product. Which agency should you contact to file a complaint about the website?

A. National Organization Against Health Fraud
B. Consumer Protection Alliance
C. Department of Human Resources
D. Federal Trade Commission

21. Mariele purchased a box of cereal that had the following claim on the label: "Eat one bowl of this cereal a day for a month, and your skin with be healthier." Mariele is skeptical about the honesty of the claim. She should report her concern about the claim to the

A. Better Business Bureau.
B. Federal Trade Commission.
C. Food and Drug Administration.
D. Academy of Nutrition and Dietetics.

22. Actress Lotta Talent appears in commercials endorsing an herbal product for weight loss. Her endorsement is an example of a(n)

A. peer review.
B. placebo effect.
C. anecdote.
D. testimonial.

23. The professional football star Andro "The Man" McGraw appears in television commercials in which he endorses "AminoProFix" for building muscle mass quickly and safely. His support of the product is an example of a(an)

A. peer review.
B. industrial bias.
C. paid testimonial.
D. placebo effect.

24. Which of the following websites is most likely a source of biased and unreliable nutrition information?

A. eatright.org
B. dietsnomore4u.com
C. choosemyplate.gov
D. purdue.edu

25. Which of the following websites is most likely a source of biased and unreliable nutrition information?

A. eatright.org/informationforpublic
B. optimalhealthandnutrition4ever.com/tips
C. ksu.edu/foodandnutritiondepartment
D. choosemyplate.gov/fruits

26. Which of the following websites is most likely a source of biased and unreliable nutrition information?

A. cdc.gov
B. mizzou.edu
C. marchofdimes.org
D. losefastandforever.com

27. A popular fitness magazine has an article about the health benefits of high-fiber diets. Which of the following credentials indicates that the author is likely to be a reliable source of food and nutrition information?

A. DMD
B. MSRN
C. RDN
D. MS

28. A popular women's magazine has an article about planning a nutritious diet. Which of the following credentials indicate the author is likely to be a reliable source of food and nutrition information?

A. HES
B. RDN
C. PhD
D. DNS

29. Which of the following statements is true?

A. In general, personal websites, such as blogs, are reliable sources of nutrition information.
B. The Internet is generally a reliable source of nutrition information, because information provided at websites has to be peer-reviewed before it can be posted.
C. U.S. laws require promoters of nutrition-related products to publish information in magazine articles and books that's honest or not misleading.
D. Nutrition departments at websites with .edu in their addresses are likely to provide reliable nutrition information.

30. Which of the following statements is true?

A. Promoters of nutrition misinformation often take advantage of the general public's mistrust of scientists.
B. In general, commercial (*.com) Internet websites are reliable sources of scientifically-based nutrition information.
C. Testimonials for weight loss supplements are usually based on scientific evidence.
D. The First Amendment to the U.S. Constitution guarantees the right of consumers to be protected from health misinformation.

31. Which of the following statements is true?

A. In the United States, people can include "RDN" after their name, even if they aren't qualified to use the credential.
B. A disclaimer on a product's label provides proof that the product is likely to live up to the manufacturer's claims.
C. According to scientific research, anecdotes that describe how nutrients benefit health are reliable sources of information.
D. A person who uses a drink that contains vinegar as a cure for patients with lung cancer is practicing quackery.

32. Articles that appear in the *Journal of the American Medical Association* are reliable sources of health information because the editors

A. know the authors have already published articles in other scientific or medical journals.
B. have other scientists review and react to the content of articles before publishing them.
C. are trained to recognize and reject articles that include questionable findings.
D. only publish articles written by scientists whose research is funded by various health-related associations.

33. *Men's Journal* and *Family Circle* may be unreliable sources of nutrition information, because

A. the general public and public libraries subscribe to them.
B. registered dietitians are usually hired to write the articles about nutrition that are published in these journals.
C. authors generally pay the editors of popular magazines to publish their nutrition articles.
D. articles in such popular magazines generally do not undergo peer-review before they are published.

34. An ad for a weight-loss product contains several dishonest and misleading statements. Which of the following statements is a "red flag" statement that's in the ad?

A. This product can damage your liver when combined with other drugs, so do not take it with alcohol and/or medications.
B. This product is guaranteed to raise your metabolism by 400%, which is why it causes you to lose weight safely and rapidly.
C. This product should not be taken during pregnancy, because it can harm your baby.
D. This product may raise your blood pressure and increase your risk of a heart attack, so don't take more than the recommended dose.

35. In the United States, which agency investigates complaints about false or misleading health-related claims that appear in food advertisements?

A. Federal Trade Commission
B. Environmental Protection Agency
C. Organization for Honesty in Advertising
D. Academy of Nutrition and Dietetics

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36. Which of the following statements is true?

A. In general, registered dietitian nutritionists are reliable sources of nutrition information.
B. A person with a PhD has the proper training to be registered dietitian nutritionist.
C. Quackery is the practice of dietetics without proper training and credentials.
D. A nutritionalist has the same credentials as a registered dietitian nutritionist.

37. A person claims his newly invented device treats cancer without surgery, medication, or other forms of conventional medical therapy. However, people who have used the device report that it wasn't helpful, and it may have harmed them. According to this information, the inventor's claims and his device are

A. anecdotal evidence.
B. placebos.
C. clinically proven.
D. quackery.

38. Which of the following statements is true?

A. Registered dietitian nutritionists aren't required to maintain their certification regularly.
B. The First Amendment of the U.S. Constitution often protects people who spread nutrition misinformation.
C. You can ask your personal physician for nutrition advice, because physicians have the same training as registered dietitian nutritionists.
D. In the United States, only registered dietitian nutritionists can provide nutrition information legally.

39. During a television interview, Dr. Ima Quack provides the following statement. "Most Americans suffer from nutritional deficiency diseases and will develop cancer within the next 10 years because they're not taking my megavitamin formula therapy." Dr. Quack's statement is an example of a(n)

A. scare tactic.
B. scientific observation.
C. anecdotal evidence.
D. biased report.

40. A magazine advertisement for a weight loss product includes before and after photos of a woman who supposedly lost 50 pounds in 3 weeks while taking the product. The bottom of the ad includes the statement, "Results are not typical." This statement is an example of a(n)

A. anecdote.
B. testimonial.
C. placebo.
D. disclaimer.

41. A television advertisement for a protein-rich drink includes before and after photos of a young man. In the "before" photo, the man appears unhappy and slim, but he looks thrilled and very muscular in the "after" photo. The narrator claims the man gained 30 pounds of "solid muscle" while drinking the protein formula daily for 2 months. At the bottom of the man's after photo, you notice a statement in small print that's difficult to read. According to the statement, "results may vary." This statement is an example of a

A. bias.
B. disclaimer.
C. warning.
D. placebo.

42. A scientist would like to collect information concerning the health of a large group of older adults. To obtain this information, the scientist conducts a

A. double-blind study.
B. medical history survey.
C. single-blind study.
D. controlled human experiment.

43. Which of the following statements is true?

A. Scientists developed dietary recommendations for the U.S. population after analyzing results of a single American study, the Framingham Heart Study.
B. Scientists are unlikely to obtain money to conduct research, if they don't consider the opinions and beliefs of the people in agencies who fund such projects.
C. Scientists typically use different methods to conduct research, which explains why studies involving humans often have conflicting results.
D. Scientists have peer reviewers analyze the designs of their human research studies, because the peer-review process reduces research bias.

44. You would like to become a more careful consumer of nutrition-related information. Which of the following statements is a reasonable step that you can take to become a more careful consumer? (Check all that apply.)

____ I won't believe everything that I read, see, or hear about nutrition, because there's a lot of misinformation available.
____ I will consider the sources of the nutrition information before accepting it as fact.
____ I will ask my doctor what she thinks of the nutrition information before I believe it.
____ I won't believe the nutrition information that appears in articles or on the Internet, because it's always unreliable.

Unit 02 - Test Bank Key

1. A researcher observes that first-grade children who only eat foods sweetened with honey seem to behave the same as first-grade children who eat foods sweetened with cane sugar. After making the observation, the researcher decides to conduct a study to explore whether eating honey has any affect on school-age children's behavior. The researcher wants to follow the basic steps of the scientific method. Now that he's made the observation, his next step will be to

A. ask a group of peer reviewers for their help in designing a single-blind study involving the dietary practices of children.
B. develop a question that's based on his observations of the children's behavior and their intakes of sweeteners such as honey.
C. analyze information about the general dietary practices and common behavioral problems of first-grade children.
D. form at least two basic conclusions about behavioral problems that affect children who eat sweeteners such as honey.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

2. A medical researcher asked 50 people with painful, arthritic knees to rub a cream that contained vitamin E on their knees for two weeks. At the end of the two weeks, she asked the subjects whether their knee pain improved, stayed about the same, or worsened during the treatment period. All 50 subjects reported improvement in their knee pain. Based on this information, which of the following statements is true?

A. The researcher shouldn't report her findings, until she uses a single-blind study to test the vitamin E-containing cream.
B. The results of this study prove that rubbing a cream that contains vitamin E on arthritic knees is a good way to relieve knee pain.
C. The results about the benefits of using a vitamin E cream for knee pain are questionable, because the researcher didn't have a control group.
D. The researcher should find a peer-review group to analyze her findings about the vitamin E-containing cream as a treatment for knee pain.

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

3. A group of researchers wants to conduct a scientific study to investigate dietary factors that affect the development of obesity. Which of the following activities is likely to be the first step of their research efforts?

A. Observing the general dietary practices of obese people
B. Analyzing data collected during the study
C. Submitting an article that explains the experiment's design to a newspaper
D. Reporting their results on a popular television program

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

4. Researchers at a major American university plan a scientific study to investigate lifestyle factors that contribute to heart disease. Which of the following activities is most likely to be a component of their research efforts?

A. Announcing the results of the study on a popular TV program
B. Submitting an article describing the study and its results to a peer-reviewed journal
C. Obtaining the approval of the Federal Trade Commission (FTC) to conduct research on human subjects
D. Using a single-blind study that includes placebos to test the question

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

5. A scientist conducts a study to determine the effects of the mineral cadmium on the weight of mice. She adds 5 mcg of the mineral to the daily diet of 100 4-week-old laboratory mice. Every week, the researcher records the weight of each mouse. At the end of the study, the scientist notes that 3 mice died, 40 mice lost weight, 40 mice gained weight, and the remaining 17 mice didn't gain or lose weight during the 12-week period. Based on this information, what would you tell the researcher about her findings?

A. The findings are newsworthy and important enough to be published in a peer-reviewed nutrition journal.
B. The findings are biased because the scientist used mice instead of humans in her study.
C. The findings are not meaningful because of the way the scientist designed her study.
D. The findings are very interesting and provide scientific proof that cadmium causes weight loss.

Accessibility: Keyboard Navigation
Blooms Level: 4. Analyze
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

6. A nutrition researcher adds 30 mg of the mineral iron to the daily diet of 50 4-week-old laboratory mice. After ten weeks, the scientist takes blood samples from each mouse. According to his findings, the mice developed abnormal red blood cells. Based on this information and your knowledge of scientific research, what would you tell him?

A. He should prepare a research article for submission to a peer-reviewed nutrition journal.
B. He should report his findings to other nutrition scientists, so they can repeat his study and confirm the results.
C. He should consider his findings as an observation and redesign the study to include a control group.
D. He should call a press conference and report his findings to the public, so they can avoid consuming excess iron.

Accessibility: Keyboard Navigation
Blooms Level: 4. Analyze
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

7. Derek consumes a protein-rich drink before and after his workouts. He told his workout partner that he became 200% stronger within a couple of months after he added the drink to his diet. His report about the positive effects of the special drink is an example of a(an)

A. anecdote.
B. testimonial.
C. peer review.
D. scientific conclusion.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.02.01 Define all of the key terms in this module.
Learning Outcome: 2.02.02 Explain the difference between an anecdote and a testimonial.
Module: 2.02 Spreading Nutrition Misinformation
Section: 2.02a Anecdotes and Testimonials
Topic: Evaluating nutrition information

8. Zack takes 500 mg of vitamin C daily. He advises his friends to take the vitamin C pills, because he claims the vitamin protects him from cold viruses. His information about the usefulness of the vitamin is a(an)

A. motive.
B. disclaimer.
C. anecdote.
D. bias.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.02.01 Define all of the key terms in this module.
Module: 2.02 Spreading Nutrition Misinformation
Section: 2.02a Anecdotes and Testimonials
Topic: Evaluating nutrition information

9. Emily has brittle fingernails that crack and split easily. Emily's mother advises her daughter to take gelatin pills 3 times/day, because she's heard the practice strengthens fingernails. The mother's nutrition-related advice about the benefit of taking gelatin pills is an example of a(an)

A. scientific conclusion.
B. biased report.
C. anecdote.
D. testimonial.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.02.02 Explain the difference between an anecdote and a testimonial.
Module: 2.02 Spreading Nutrition Misinformation
Section: 2.02a Anecdotes and Testimonials
Topic: Evaluating nutrition information

10. Dylan takes garlic pills to lower his blood cholesterol level, and he recommends the pills to his friends, because he thinks the pills are helpful. Dylan's nutrition-related advice to his friends is an example of a(an)

A. motive.
B. testimonial.
C. bias.
D. anecdote.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.02.02 Explain the difference between an anecdote and a testimonial.
Module: 2.02 Spreading Nutrition Misinformation
Section: 2.02a Anecdotes and Testimonials
Topic: Evaluating nutrition information

11. Having a control group enables researchers to

A. provide specific treatments to participants of the group.
B. compare findings of the control group with those of the experimental group.
C. test possible questions for future research efforts.
D. avoid using harmful interventions when testing members of the experimental group.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

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12. Phil is a participant in a study designed to examine the effects of taking a new protein-containing product on muscle tissue development. Phil suspects he's in the experimental group, because he's certain his muscles are bigger and stronger as a result of taking the product supplied by the researchers. When the study is completed, Phil learns that he didn't receive the new source of protein. Phil thinks the researchers made a mistake—he's certain his muscle mass increased while he consumed the product. According to this information, Phil's belief that his physical condition improved while he participated in the study is an example of

A. an anecdotal report.
B. human subject bias.
C. participant fatigue.
D. the placebo effect.

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Topic: Scientific method

13. Which of the following statements is untrustworthy or misleading because it contains a "red flag" of unreliable nutrition-related information?

A. People who have concerns about health-related products or treatments should be skeptical to avoid being cheated out of their money.
B. People who have cancer should take vitamin C pills because the pills have been clinically proven to cure cancer.
C. People who have complaints about false or misleading health claims should report them to the Federal Trade Commission.
D. People who have questions about medical conditions should seek answers from practitioners who have had the proper training and licensing.

Accessibility: Keyboard Navigation
Blooms Level: 4. Analyze
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03a Becoming a More Skeptical Consumer
Section: 2.03b Look for "Red Flags" of Misinformation
Section: 2.03c The Internet
Topic: Evaluating nutrition information

14. Researchers are conducting a study to determine the effects of vitamin C on the human immune system. The study involves providing pills that contain vitamin C to one group of human subjects and pills that do not contain vitamin C or other active ingredients to another group of people. The pills that do not contain the vitamin are

A. supplements.
B. placebos.
C. treatments.
D. antidotes.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

15. Researchers are conducting a study to determine the effects of vitamin D on the human body. The study involves providing pills that contain vitamin D to one group of human subjects and pills that do not contain the vitamin or other active ingredients to another group of people. The pills that do not contain vitamin D are

A. distractors.
B. antidotes.
C. placebos.
D. interventions.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

16. Researchers are conducting a study to determine the effects of the mineral zinc on the human body. The study involves providing pills that contain zinc to one group of human subjects and pills that do not contain zinc or other active ingredients to another group of people. The pills that do not contain zinc are

A. antidotes.
B. placebos.
C. supplements.
D. probiotics.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

17. Which of the following statements is true?

A. In a single-blind study, both the researchers and the human subjects don't know their group assignments.
B. In the United States, nutrition scientists often conduct studies on humans before doing animal testing.
C. Before scientists begin their research, they usually develop a question to guide their study.
D. An experimental study doesn't need to have a control group.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

18. The government agency that enforces consumer protection laws by investigating false or misleading health-related claims is the

A. Federal Trade Commission (FTC).
B. Centers for Disease Control and Prevention (CDC).
C. Agricultural Research Service (ARS).
D. Environmental Protection Agency (EPA).

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.03.01 Define all of the key terms in this module.
Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03c The Internet
Topic: Evaluating nutrition information

19. Mitch recently tried a hair-restoring product that he purchased from an Internet website. The package's label displayed the following claim: "Rubbing a tablespoon of 'NutraTerraMino' on your scalp each day will cure the hair loss associated with the aging process." After a month of using "NutraTerraMino" daily, he stopped because the product made his hair fall out. Based on this information, Mitch should file a complaint with the

A. Federal Trade Commission.
B. Bureau of Health Fraud.
C. Environmental Protection Agency.
D. Department of Public Safety.

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 2.03.01 Define all of the key terms in this module.
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03c The Internet
Topic: Evaluating nutrition information

20. You recently watched an infomercial at an Internet website in which an actor promoted a new weight loss product. The actor stated that you'll lose weight almost instantly by consuming the product, because it contains a secret herbal formula that's both safe and effective. The promoter also said that you can continue to eat all of your usual foods and still lose weight, while taking the herbal formula. You're concerned that people might waste their money on this product. Which agency should you contact to file a complaint about the website?

A. National Organization Against Health Fraud
B. Consumer Protection Alliance
C. Department of Human Resources
D. Federal Trade Commission

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03b Look for "Red Flags" of Misinformation
Section: 2.03c The Internet
Topic: Evaluating nutrition information

21. Mariele purchased a box of cereal that had the following claim on the label: "Eat one bowl of this cereal a day for a month, and your skin with be healthier." Mariele is skeptical about the honesty of the claim. She should report her concern about the claim to the

A. Better Business Bureau.
B. Federal Trade Commission.
C. Food and Drug Administration.
D. Academy of Nutrition and Dietetics.

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 2.02.01 Define all of the key terms in this module.
Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.02 Spreading Nutrition Misinformation
Section: 2.02c Why Is There So Much Nutrition Misinformation?
Topic: Evaluating nutrition information

22. Actress Lotta Talent appears in commercials endorsing an herbal product for weight loss. Her endorsement is an example of a(n)

A. peer review.
B. placebo effect.
C. anecdote.
D. testimonial.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.02.01 Define all of the key terms in this module.
Learning Outcome: 2.02.02 Explain the difference between an anecdote and a testimonial.
Module: 2.02 Spreading Nutrition Misinformation
Section: 2.02a Anecdotes and Testimonials
Topic: Evaluating nutrition information

23. The professional football star Andro "The Man" McGraw appears in television commercials in which he endorses "AminoProFix" for building muscle mass quickly and safely. His support of the product is an example of a(an)

A. peer review.
B. industrial bias.
C. paid testimonial.
D. placebo effect.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.02.02 Explain the difference between an anecdote and a testimonial.
Module: 2.02 Spreading Nutrition Misinformation
Section: 2.02a Anecdotes and Testimonials
Topic: Evaluating nutrition information

24. Which of the following websites is most likely a source of biased and unreliable nutrition information?

A. eatright.org
B. dietsnomore4u.com
C. choosemyplate.gov
D. purdue.edu

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply

Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03c The Internet
Topic: Evaluating nutrition information

25. Which of the following websites is most likely a source of biased and unreliable nutrition information?

A. eatright.org/informationforpublic
B. optimalhealthandnutrition4ever.com/tips
C. ksu.edu/foodandnutritiondepartment
D. choosemyplate.gov/fruits

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03c The Internet
Topic: Evaluating nutrition information

26. Which of the following websites is most likely a source of biased and unreliable nutrition information?

A. cdc.gov
B. mizzou.edu
C. marchofdimes.org
D. losefastandforever.com

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03c The Internet
Topic: Evaluating nutrition information

27. A popular fitness magazine has an article about the health benefits of high-fiber diets. Which of the following credentials indicates that the author is likely to be a reliable source of food and nutrition information?

A. DMD
B. MSRN
C. RDN
D. MS

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.04.01 Explain how to identify reliable nutrition experts.
Module: 2.04 Seeking Reliable Nutrition Information
Section: 2.04a Nutrition Experts
Topic: Evaluating nutrition information

28. A popular women's magazine has an article about planning a nutritious diet. Which of the following credentials indicate the author is likely to be a reliable source of food and nutrition information?

A. HES
B. RDN
C. PhD
D. DNS

Accessibility: Keyboard Navigation

Blooms Level: 1. Remember
Learning Outcome: 2.04.01 Explain how to identify reliable nutrition experts.
Module: 2.04 Seeking Reliable Nutrition Information
Section: 2.04a Nutrition Experts
Topic: Evaluating nutrition information

29. Which of the following statements is true?

A. In general, personal websites, such as blogs, are reliable sources of nutrition information.
B. The Internet is generally a reliable source of nutrition information, because information provided at websites has to be peer-reviewed before it can be posted.
C. U.S. laws require promoters of nutrition-related products to publish information in magazine articles and books that's honest or not misleading.
D. Nutrition departments at websites with .edu in their addresses are likely to provide reliable nutrition information.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.02.03 Explain why there is so much nutrition misinformation.
Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.02 Spreading Nutrition Misinformation
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.02c Why Is There So Much Nutrition Misinformation?
Section: 2.03c The Internet
Topic: Evaluating nutrition information

30. Which of the following statements is true?

A. Promoters of nutrition misinformation often take advantage of the general public's mistrust of scientists.
B. In general, commercial (*.com) Internet websites are reliable sources of scientifically-based nutrition information.
C. Testimonials for weight loss supplements are usually based on scientific evidence.
D. The First Amendment to the U.S. Constitution guarantees the right of consumers to be protected from health misinformation.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.02.03 Explain why there is so much nutrition misinformation.
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
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Module: 2.02 Spreading Nutrition Misinformation
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.02a Anecdotes and Testimonials
Section: 2.02b A Matter of Mistrust
Section: 2.02c Why Is There So Much Nutrition Misinformation?
Section: 2.03a Becoming a More Skeptical Consumer
Section: 2.03c The Internet
Topic: Evaluating nutrition information

31. Which of the following statements is true?

A. In the United States, people can include "RDN" after their name, even if they aren't qualified to use the credential.
B. A disclaimer on a product's label provides proof that the product is likely to live up to the manufacturer's claims.
C. According to scientific research, anecdotes that describe how nutrients benefit health are reliable sources of information.
D. A person who uses a drink that contains vinegar as a cure for patients with lung cancer is practicing quackery.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.02.02 Explain the difference between an anecdote and a testimonial.
Learning Outcome: 2.03.01 Define all of the key terms in this module.
Learning Outcome: 2.04.01 Explain how to identify reliable nutrition experts.
Module: 2.02 Spreading Nutrition Misinformation
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Module: 2.04 Seeking Reliable Nutrition Information
Section: 2.02a Anecdotes and Testimonials
Section: 2.03a Becoming a More Skeptical Consumer
Section: 2.03b Look for "Red Flags" of Misinformation
Section: 2.04a Nutrition Experts
Topic: Evaluating nutrition information

32. Articles that appear in the *Journal of the American Medical Association* are reliable sources of health information because the editors

A. know the authors have already published articles in other scientific or medical journals.
B. have other scientists review and react to the content of articles before publishing them.
C. are trained to recognize and reject articles that include questionable findings.
D. only publish articles written by scientists whose research is funded by various health-related associations.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.01.01 Define all of the key terms in this module.
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Section: 2.01b Confusion and Conflict
Topic: Evaluating nutrition information
Topic: Scientific method

33. *Men's Journal* and *Family Circle* may be unreliable sources of nutrition information, because

A. the general public and public libraries subscribe to them.
B. registered dietitians are usually hired to write the articles about nutrition that are published in these journals.
C. authors generally pay the editors of popular magazines to publish their nutrition articles.
D. articles in such popular magazines generally do not undergo peer-review before they are published.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.01.02 List the basic steps of the scientific method as it relates to nutrition research in general.
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Topic: Evaluating nutrition information

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34. An ad for a weight-loss product contains several dishonest and misleading statements. Which of the following statements is a "red flag" statement that's in the ad?

A. This product can damage your liver when combined with other drugs, so do not take it with alcohol and/or medications.
B. This product is guaranteed to raise your metabolism by 400%, which is why it causes you to lose weight safely and rapidly.
C. This product should not be taken during pregnancy, because it can harm your baby.
D. This product may raise your blood pressure and increase your risk of a heart attack, so don't take more than the recommended dose.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.03.02 Describe how you can become a more careful and critical consumer of nutrition information.
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03b Look for "Red Flags" of Misinformation
Topic: Evaluating nutrition information

35. In the United States, which agency investigates complaints about false or misleading health-related claims that appear in food advertisements?

A. Federal Trade Commission
B. Environmental Protection Agency
C. Organization for Honesty in Advertising
D. Academy of Nutrition and Dietetics

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.03.04 Describe how to identify reliable sources of nutrition information.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03c The Internet
Topic: Evaluating nutrition information

36. Which of the following statements is true?

A. In general, registered dietitian nutritionists are reliable sources of nutrition information.
B. A person with a PhD has the proper training to be registered dietitian nutritionist.
C. Quackery is the practice of dietetics without proper training and credentials.
D. A nutritionalist has the same credentials as a registered dietitian nutritionist.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.04.01 Explain how to identify reliable nutrition experts.
Module: 2.04 Seeking Reliable Nutrition Information
Section: 2.04a Nutrition Experts
Topic: Evaluating nutrition information

37. A person claims his newly invented device treats cancer without surgery, medication, or other forms of conventional medical therapy. However, people who have used the device report that it wasn't helpful, and it may have harmed them. According to this information, the inventor's claims and his device are

A. anecdotal evidence.
B. placebos.
C. clinically proven.
D. quackery.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.03.01 Define all of the key terms in this module.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03a Becoming a More Skeptical Consumer
Topic: Evaluating nutrition information

38. Which of the following statements is true?

A. Registered dietitian nutritionists aren't required to maintain their certification regularly.
B. The First Amendment of the U.S. Constitution often protects people who spread nutrition misinformation.
C. You can ask your personal physician for nutrition advice, because physicians have the same training as registered dietitian nutritionists.
D. In the United States, only registered dietitian nutritionists can provide nutrition information legally.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.04.01 Explain how to identify reliable nutrition experts.
Module: 2.04 Seeking Reliable Nutrition Information
Section: 2.02c Why Is There So Much Nutrition Misinformation?
Topic: Evaluating nutrition information

39. During a television interview, Dr. Ima Quack provides the following statement. "Most Americans suffer from nutritional deficiency diseases and will develop cancer within the next 10 years because they're not taking my megavitamin formula therapy." Dr. Quack's statement is an example of a(n)

A. scare tactic.
B. scientific observation.
C. anecdotal evidence.
D. biased report.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03b Look for "Red Flags" of Misinformation
Topic: Evaluating nutrition information

40. A magazine advertisement for a weight loss product includes before and after photos of a woman who supposedly lost 50 pounds in 3 weeks while taking the product. The bottom of the ad includes the statement, "Results are not typical." This statement is an example of a(n)

A. anecdote.
B. testimonial.
C. placebo.
D. disclaimer.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03b Look for "Red Flags" of Misinformation
Topic: Evaluating nutrition information

41. A television advertisement for a protein-rich drink includes before and after photos of a young man. In the "before" photo, the man appears unhappy and slim, but he looks thrilled and very muscular in the "after" photo. The narrator claims the man gained 30 pounds of "solid muscle" while drinking the protein formula daily for 2 months. At the bottom of the man's after photo, you notice a statement in small print that's difficult to read. According to the statement, "results may vary." This statement is an example of a

A. bias.
B. disclaimer.
C. warning.
D. placebo.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.03.02 Describe how you can become a more careful and critical consumer of nutrition information.
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.03b Look for "Red Flags" of Misinformation
Topic: Evaluating nutrition information

42. A scientist would like to collect information concerning the health of a large group of older adults. To obtain this information, the scientist conducts a

A. double-blind study.
B. medical history survey.
C. single-blind study.
D. controlled human experiment.

Accessibility: Keyboard Navigation
Blooms Level: 1. Remember
Learning Outcome: 2.01.03 Discuss ways that scientists conduct nutrition-related research that involves human subjects.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01a Collecting Science-based Evidence
Topic: Scientific method

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43. Which of the following statements is true?

A. Scientists developed dietary recommendations for the U.S. population after analyzing results of a single American study, the Framingham Heart Study.
B. Scientists are unlikely to obtain money to conduct research, if they don't consider the opinions and beliefs of the people in agencies who fund such projects.
C. Scientists typically use different methods to conduct research, which explains why studies involving humans often have conflicting results.
D. Scientists have peer reviewers analyze the designs of their human research studies, because the peer-review process reduces research bias.

Accessibility: Keyboard Navigation
Blooms Level: 2. Understand
Learning Outcome: 2.01.04 Explain why results of similar studies can provide different findings.
Module: 2.01 Nutrition: Science for Consumers
Section: 2.01b Confusion and Conflict
Topic: Scientific method

44. You would like to become a more careful consumer of nutrition-related information. Which of the following statements is a reasonable step that you can take to become a more careful consumer? (Check all that apply.)

X I won't believe everything that I read, see, or hear about nutrition, because there's a lot of misinformation available.
X I will consider the sources of the nutrition information before accepting it as fact.
__ I will ask my doctor what she thinks of the nutrition information before I believe it.
__ I won't believe the nutrition information that appears in articles or on the Internet, because it's always unreliable.

Accessibility: Keyboard Navigation
Blooms Level: 3. Apply
Learning Outcome: 2.03.02 Describe how you can become a more careful and critical consumer of nutrition information.
Learning Outcome: 2.03.03 Identify common "red flags" that are signs of nutrition misinformation.
Module: 2.03 Becoming a More Critical Consumer of Nutrition Information
Section: 2.02c Why Is There So Much Nutrition Misinformation?
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Topic: Evaluating nutrition information

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