Human Nutrition Science for Healthy Living 3rd edition Stephenson Test Bank

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Human Nutrition Science for Healthy Living 3rd Edition by Stephenson CH01

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

1) Which of the following statements is true?

1) _____

A) Nutrients are life-sustaining phytochemicals in food.
B) In the United States, poor eating habits contribute to some of the ten leading causes of death.
C) A person's diet is influenced by his or her blood type and birth order.
D) Most people are born with the ability to choose a nutritious diet.

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Topic : Public health and nutrition
Topic : Demographic trends and statistics
Learning Outcome : 01.04.02 Describe lifestyle factors that contribute to many of the leading causes
Section : 01.04
Accessibility : Keyboard Navigation

2) Studying nutrition is important to _____.

2) _____

A) obtain enough energy to sustain life
B) learn about the nutritional value of foods and effects diet can have on health
C) reduce dependence on animal food products
D) avoid pesticides and hormones in the food supply

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Learning Outcome : 01.01.01 Explain why it is important to study nutrition.
Section : 01.01
Accessibility : Keyboard Navigation

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3) In the United States, consumers eat more _____ than recommended.

3) _____

A) protein foods
B) vegetables
C) dairy products
D) fruits

Question Details
Bloom's : 1. Remember
Topic : Food sources
Topic : Demographic trends and statistics
Learning Outcome : 01.01.02 Describe Americans current food-consumption practices and how they compar
Section : 01.01
Accessibility : Keyboard Navigation

4) Most Americans purchase less than recommended amounts of _____.

4) _____

A) fruits
B) sugary beverages
C) red meats
D) refined grain products

Question Details
Bloom's : 1. Remember
Topic : Food sources
Topic : Demographic trends and statistics
Learning Outcome : 01.01.02 Describe Americans current food-consumption practices and how they compar
Section : 01.01
Accessibility : Keyboard Navigation

5) Which of the following is NOT true about water?

5) _____

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A) Water is an essential nutrient.
B) Water plays a role in regulation of body temperature.
C) Water is necessary for elimination of waste from the body.
D) Water is necessary for immune function.

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Learning Outcome : 01.02.01 List the six classes of nutrients, and identify major roles of each class
Section : 01.02
Accessibility : Keyboard Navigation

6) Which of the following substances is a nutrient that does NOT supply any energy for the human body?

6) _____

A) Carbohydrate
B) Fat
C) Protein
D) Vitamin D

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Topic : Nutrient functions
Learning Outcome : 01.02.01 List the six classes of nutrients, and identify major roles of each class
Section : 01.02
Accessibility : Keyboard Navigation

7) Which of the following statements is true?

7) _____

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A) Nutrient-deficiency diseases develop when diets lack essential nutrients.
B) Skin rashes are always a symptom of vitamin deficiency diseases.
C) Headaches are a common sign of a mineral deficiency disease.
D) Most phytochemicals are classified as essential nutrients.

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Topic : Phytochemicals
Topic : Deficiency and toxicity diseases
Learning Outcome : 01.02.02 Identify the key features of an essential nutrient.
Section : 01.02
Accessibility : Keyboard Navigation

8) An essential nutrient _____.

8) _____

A) is found only in fortified foods
B) is found only in foods from animal sources
C) must be supplied by the diet
D) provides energy (kcals) to the diet

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Learning Outcome : 01.02.02 Identify the key features of an essential nutrient.
Section : 01.02
Accessibility : Keyboard Navigation

9) Which of the following describe a conditionally essential nutrient?

9) _____

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A) A nutrient that is normally nonessential, but becomes essential under certain conditions.

B) A nutrient that may be made in the body, but in amounts that are inadequate.

C) A nutrient that becomes essential due to a metabolic disorder or serious disease (e.g. kidney or liver disease).

D) All of the choices are correct.

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Learning Outcome : 01.02.02 Identify the key features of an essential nutrient.
Section : 01.02
Accessibility : Keyboard Navigation

10) Which of the following is a micronutrient?

10) _____

A) Iron
B) Glucose
C) Fat
D) Protein

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Learning Outcome : 01.02.03 Categorize nutrients based on whether they are essential and their design
Section : 01.02
Accessibility : Keyboard Navigation

11) Which of the following substances is a macronutrient?

11) _____

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A) Protein
B) Vitamin C
C) Calcium
D) Sodium

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Learning Outcome : 01.02.03 Categorize nutrients based on whether they are essential and their design
Section : 01.02
Accessibility : Keyboard Navigation

12) Which of the following foods is naturally a rich source of phytochemicals?

12) _____

A) Margarine
B) Tuna
C) Blueberries
D) Chicken

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Topic : Phytochemicals
Learning Outcome : 01.02.04 Identify rich food sources of phytochemicals.
Section : 01.02
Accessibility : Keyboard Navigation

13) Which of the following foods is NOT a rich natural source of phytochemicals?

13) _____

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A) Cherries
B) Green tea
C) Whole-grain bread
D) Lean meat

Question Details
Bloom's : 2. Understand
Topic : Phytochemicals
Learning Outcome : 01.02.04 Identify rich food sources of phytochemicals.
Section : 01.02
Accessibility : Keyboard Navigation

14) A teaspoon of sugar supplies about 16 kcals, which is the same as _____ calories.

14) _____

A) 1.6
B) 1600
C) 16,000
D) 160,000

Question Details
Topic : Nutrition basics
Bloom's : 3. Apply
Topic : Nutrition computations
Learning Outcome : 01.03.01 Distinguish between a calorie and a kilocalorie.
Section : 01.03
Accessibility : Keyboard Navigation

15) A small apple supplies approximately 40,000 _____.

15) _____

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A) calories
B) kilocalories
C) Calories
D) Kilocalories

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Learning Outcome : 01.03.01 Distinguish between a calorie and a kilocalorie.
Section : 01.03
Accessibility : Keyboard Navigation

16) A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and 100 mL water. Based on this information, a serving of this food supplies _____.

16) _____

A) 87 kcals
B) 97 kcals
C) 107 kcals
D) 117 kcals

Question Details
Topic : Nutrition basics
Bloom's : 3. Apply
Topic : Nutrition computations
Learning Outcome : 01.03.02 Estimate the amount of energy (kcal) in a serving of food based on the gr
Section : 01.03
Accessibility : Keyboard Navigation

17) Approximately how many grams of carbohydrate are in a sugar-sweetened beverage that supplies 240 kcals and contains no fiber, fat, protein, or alcohol?

17) _____

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A) 50 grams of carbohydrate
B) 30 grams of carbohydrate
C) 40grams of carbohydrate
D) 60grams of carbohydrate

Question Details
Topic : Nutrition basics
Bloom's : 3. Apply
Topic : Nutrition computations
Learning Outcome : 01.03.02 Estimate the amount of energy (kcal) in a serving of food based on the gr
Section : 01.03
Accessibility : Keyboard Navigation

18) Which of the following conditions is NOT a leading cause of death in the United States?

18) _____

A) Tuberculosis
B) Cancer
C) Heart disease
D) Stroke

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Topic : Public health and nutrition
Topic : Demographic trends and statistics
Learning Outcome : 01.04.01 Identify the 10 leading causes of death in the United States.
Section : 01.04
Accessibility : Keyboard Navigation

19) Which of the following conditions or diseases is a leading diet-related cause of death in the United States?

19) _____

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A) Chronic lower respiratory infections
B) Stroke
C) Suicide
D) Influenza and pneumonia

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Topic : Public health and nutrition
Topic : Demographic trends and statistics
Learning Outcome : 01.04.01 Identify the 10 leading causes of death in the United States.
Section : 01.04
Accessibility : Keyboard Navigation

20) Consuming a diet that supplies large amounts of certain types of fat increase one's risk of developing heart disease. Thus, a diet that supplies anexcessive amount of such fats is a _____ for heart disease.

20) _____

A) hypotheticalvariable
B) dietarymodulator
C) nutritionaldeterminant
D) risk factor

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Topic : Public health and nutrition
Learning Outcome : 01.04.02 Describe lifestyle factors that contribute to many of the leading causes
Section : 01.04
Accessibility : Keyboard Navigation

21) Which of the following lifestyle choices is the primary cause of preventable cancer deaths in the United States?

21) _____

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A) Eating fatty foods
B) Consuming alcohol
C) Exercising infrequently
D) Smoking cigarettes

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Topic : Public health and nutrition
Learning Outcome : 01.04.02 Describe lifestyle factors that contribute to many of the leading causes
Section : 01.04
Accessibility : Keyboard Navigation

22) The U.S. Department of Health and Human Services (DHHS) issues the*Healthy People*report every _____ years.

22) _____

A) 3
B) 7
C) 10
D) 15

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Topic : Public health and nutrition
Learning Outcome : 01.04.03 Explain the purpose of the Healthy People initiative.
Section : 01.04
Accessibility : Keyboard Navigation

23) Which of the following is NOT included in the*Healthy People*report?

23) _____

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A) Science-based national objectives
B) Goals for improving the health of all Americans
C) Topic areas, including nutrition and weight status
D) International goals and measurable objectives to guide evidence-based policies

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Topic : Public health and nutrition
Learning Outcome : 01.04.03 Explain the purpose of the Healthy People initiative.
Section : 01.04
Accessibility : Keyboard Navigation

24) Which of the following factors has a major influence over a person's food choices?

24) _____

A) Childhood experiences
B) Blood type
C) Vitamin A status
D) Birth order

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Learning Outcome : 01.05.03 Discuss the role a registered dietitian nutritionist can play in an indiv
Section : 01.05
Accessibility : Keyboard Navigation

25) Which of the following is NOT a major factor impacting a person's food choices?

25) _____

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A) Media
B) Blood type
C) Health beliefs
D) Mood

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Learning Outcome : 01.05.03 Discuss the role a registered dietitian nutritionist can play in an indiv
Section : 01.05
Accessibility : Keyboard Navigation

26) Which of the following is NOT a biological or physiological factor that influences a person's food choices?

26) _____

A) Age
B) Perception of food's sensory characteristics
C) Emotional stress level
D) Hunger

Question Details
Bloom's : 1. Remember
Topic : Food sources
Learning Outcome : 01.05.01 Discuss the influence that biological, physiological, cognitive, psycholo
Section : 01.05
Accessibility : Keyboard Navigation

27) Choosing foods based on religious teachings is an example of _____ factors influencing eating habits.

27) _____

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A) biological
B) cognitive
C) environmental
D) physiological

Question Details
Bloom's : 1. Remember
Topic : Food sources
Learning Outcome : 01.05.01 Discuss the influence that biological, physiological, cognitive, psycholo
Section : 01.05
Accessibility : Keyboard Navigation

28) Which of the following is NOT a common marketing tactic to encourage consumers to purchase manufactured foods?

28) _____

A) Attractive packaging
B) Product placement at the end of supermarket aisles
C) In-store product sampling demonstrations
D) Nutrition information posted next to fresh fruits and vegetables

Question Details
Bloom's : 2. Understand
Topic : Food sources
Learning Outcome : 01.05.02 Discuss ways that food marketing efforts can influence an individual's fo
Section : 01.05
Accessibility : Keyboard Navigation

29) Which of the following is typically NOT an *environmental* factor in what people eat?

29) _____

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A) Negative food-related experiences
B) Food cost
C) Access to food
D) Food marketing

Question Details
Bloom's : 1. Remember
Topic : Food sources
Learning Outcome : 01.05.02 Discuss ways that food marketing efforts can influence an individual's fo
Section : 01.05
Accessibility : Keyboard Navigation

30) Which of the following statements is TRUE?

30) _____

A) A megadose ofvitamin C is within the range of safe intake for the nutrient.
B) Peanut butter isan empty-calorie food.
C) Most foods aremixtures of nutrients.
D) A healthy diet supplies 90% of its calories from protein-rich foods.

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Topic : Food sources
Learning Outcome : 01.06.01 Discuss the importance of the six key nutrition concepts to the study of
Section : 01.06
Accessibility : Keyboard Navigation

31) Which of the following is NOT a key nutrition concept?

31) _____

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A) Malnutrition includes overnutrition as well as undernutrition.
B) Foods and the nutrients they contain are one of many components of health.
C) Variety, moderation, and balance can help ensure a diet's nutritional adequacy.
D) The best way for people to obtain all the essential nutrients is to consume dietary supplements.

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Learning Outcome : 01.06.01 Discuss the importance of the six key nutrition concepts to the study of
Section : 01.06
Accessibility : Keyboard Navigation

32) Which of the following foods is the most nutrient-dense per serving?

32) _____

A) Leafy greens
B) French fries
C) Grape drink
D) Refined grains

Question Details
Topic : Nutrition basics
Bloom's : 3. Apply
Learning Outcome : 01.06.02 Compare a food that has a lot of empty calories to a nutrient-dense food.
Section : 01.06
Accessibility : Keyboard Navigation

33) Which of the following foods is the most nutrient-dense per serving?

33) _____

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A) Cheese nachos
B) Iceberg lettuce
C) Fat-free milk
D) Softmargarine

Question Details
Topic : Nutrition basics
Bloom's : 3. Apply
Learning Outcome : 01.06.02 Compare a food that has a lot of empty calories to a nutrient-dense food.
Section : 01.06
Accessibility : Keyboard Navigation

34) Per serving, which of the following foods is the most energy-dense?

34) _____

A) ½ cup freshstrawberries
B) 4-ouncechocolate doughnut
C) 8 ounces fat-free milk
D) 3 ounces baked chicken

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Learning Outcome : 01.06.03 Explain energy density, and provide examples of energy-dense food choices
Section : 01.06
Accessibility : Keyboard Navigation

35) Which of the following foods is both energy and nutrient-dense?

35) _____

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A) Strawberries
B) Spinach
C) Peanut butter
D) Raw apples

Question Details
Topic : Nutrition basics
Bloom's : 2. Understand
Learning Outcome : 01.06.03 Explain energy density, and provide examples of energy-dense food choices
Section : 01.06
Accessibility : Keyboard Navigation

36) Which of the following statements is FALSE?

36) _____

A) Dietary supplements include fish oil, green tea, probiotics, and flaxseed oil.
B) The Dietary Supplement Health and Education Act of 1994 allows manufacturers to classify dietary supplements as foods.
C) A megadose is an amount of a vitamin or mineral that greatly exceeds the recommended amount of the nutrient.
D) In order for a dietary supplement to be on the market, all research studies on the supplement must show a beneficial effect on health.

Question Details
Bloom's : 1. Remember
Topic : Dietary supplements
Learning Outcome : 01.06.04 Describe a dietary supplement according to the Dietary Supplement Health
Section : 01.06
Accessibility : Keyboard Navigation

37) A person must be _____ to make lasting changes to their food-related behaviors.

37) _____

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A) motivated
B) forced
C) concerned
D) uneager

Question Details
Topic : Nutrition basics
Bloom's : 1. Remember
Learning Outcome : 01.01.01 Explain why it is important to study nutrition.
Section : 01.01
Activity Type : New

38) Composting would be an example of which step in a sustainable food system?

38) _____

A) Distribution
B) Access
C) Consumption
D) Waste recovery

Question Details
Bloom's : 3. Apply
Learning Outcome : 01.05.01 Discuss the influence that biological, physiological, cognitive, psycholo
Section : 01.05
Activity Type : New
Topic : Sustainability

39) Which of the following is NOT a requirementto become a registered dietitian nutritionist (RDN)?

39) _____

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A) Obtain a degree from an accredited college
B) Obtain a culinary certificate of training
C) Complete extensive supervised practice hours
D) Pass a national exam

Question Details
Bloom's : 1. Remember
Learning Outcome : 01.05.03 Discuss the role a registered dietitian nutritionist can play in an indiv
Section : 01.05
Activity Type : New
Topic : Dietetic Profession

40) Which of the following is NOT a reason dietary recommendations undergo revisions?

40) _____

A) Researchers continue to explore the complex relationships between diet and health.
B) Nutrition is an exact science.
C) Nutrition research involves human subjects.
D) New scientific evidence becomes available and the information is reviewed and accepted by nutrition experts.

Question Details
Bloom's : 2. Understand
Topic : Public health and nutrition
Learning Outcome : 01.06.01 Discuss the importance of the six key nutrition concepts to the study of
Section : 01.06
Activity Type : New

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Human Nutrition Science for Healthy Living 3rd Edition by Stephenson CH01
Answer Key

Test name: CH01

1) B
2) B
3) A
4) A
5) D
6) D
7) A
8) C
9) D
10) A
11) A
12) C
13) D
14) C
15) A
16) D
17) D
18) A
19) B
20) D
21) D
22) C
23) D
24) A
25) B

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26) C
27) B
28) D
29) A
30) C
31) D
32) A
33) C
34) B
35) C
36) D
37) A
38) D
39) B
40) B

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