Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

SKU: 9781265282097-TEST-BANK

CH-01: Test Bank

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) All of the essential nutrients function as regulators of body processes.

1) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Regulation of Body Processes

2) Water is one of the six classes of essential nutrients.

2) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Classifying Water

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

3) Research suggests that more than half of a person's risk for developing alcohol use disorders is genetic.

3) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Genes and Alcohol Use Disorders

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

4) According to the Food and Health Survey, what is the leading factor that influences food purchases among American consumers?

4) _____

A) Healthfulness
B) Convenience
C) Price
D) Taste

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.01 Describe how our food choices are affected by the flavor, texture, and appea
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Hunger and Appetite
Source : CH-01: Test Bank > Food Choice Survey

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

5) Over the past several decades, the consumption of fluid milk in the United States has

5) _____

A) increased.
B) decreased.
C) remained the same.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.01 Describe how our food choices are affected by the flavor, texture, and appea
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Hunger and Appetite
Source : CH-01: Test Bank > Trends in Dairy Consumption

6) Studies indicate that increased exposure to TV advertising of foods and drinks is linked with_____ rates of childhood obesity in the United States.

6) _____

A) increased
B) decreased

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.01 Describe how our food choices are affected by the flavor, texture, and appea
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Hunger and Appetite
Source : CH-01: Test Bank > Influence of Advertising

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

7) Which of the following trends has a negative effect on American food habits?

7) _____

A) More offerings of chicken and fish in restaurants as alternatives to beef
B) Social changes that are leading to a general time shortage for many of us
C) The variety of new, low-fat products in the grocery store
D) Widespread availability of information on the nutritional content of fast foods

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.01 Describe how our food choices are affected by the flavor, texture, and appea
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Hunger and Appetite
Source : CH-01: Test Bank > Negative Influences on Food Behaviors

8) According to surveys from the United States Department of Agriculture, what is the most commonly consumed vegetable in the United States?

8) _____

A) Tomatoes
B) Potatoes
C) Lettuce
D) Corn

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.06 List the major characteristics of a nutritious dietary pattern, the food hab
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Demographic Trends and Statistics
Source : CH-01: Test Bank > Food Purchasing Trends

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

9) Which of the following terms refers to a state in which a person is satisfied after eating and there is no further desire to eat?

9) _____

A) Satiety
B) Hunger
C) Appetite
D) Saturation

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.01 Describe how our food choices are affected by the flavor, texture, and appea
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Hunger and Appetite
Source : CH-01: Test Bank > Satisfaction After Eating

10) Which of the following terms describes *physiological* (internal) influences that encourage us to find and eat food?

10) _____

A) Appetite
B) Hunger
C) Satiety
D) Saturation

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.01 Describe how our food choices are affected by the flavor, texture, and appea
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Hunger and Appetite
Source : CH-01: Test Bank > Physiological Influence on Food Intake

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

11) Which of the following terms describes *psychological* (external) influences that encourage us to find and eat food?

11) _____

A) Appetite
B) Hunger
C) Satiety
D) Saturation

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.01 Describe how our food choices are affected by the flavor, texture, and appea
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Hunger and Appetite
Source : CH-01: Test Bank > Psychological Influence on Food Intake

12) Which region of the brain primarily controls the sensations of thirst and hunger?

12) _____

A) Hypothalamus
B) Thalamus
C) Medulla oblongata
D) Cerebellum

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.01 Describe how our food choices are affected by the flavor, texture, and appea
Section : 01.01 Why Do You Choose the Food You Eat?
Topic : Hunger and Appetite
Source : CH-01: Test Bank > Neurobiology of Eating

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

13) "Nutrition" is

13) _____

A) the science that links foods to health and disease.
B) the study of diet and disease patterns among various populations.
C) the use of dietary supplements to cure diseases.
D) the practice of eating only healthy foods.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.02 How Is Nutrition Connected to Good Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Define "Nutrition"

14) The essential nutrients

14) _____

A) must be consumed at every meal.
B) are required for infants but not adults.
C) can be made in the body when they are needed.
D) cannot be made by the body and therefore must be consumed to maintain health.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.02 How Is Nutrition Connected to Good Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Define "Essential Nutrients"

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

15) Diabetes is a group of diseases characterized by

15) _____

A) high blood sugar.
B) uncontrolled cell growth.
C) high blood pressure.
D) high levels of blood lipids.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.02 How Is Nutrition Connected to Good Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Define "Diabetes"

16) Cancer is a group of diseases characterized by

16) _____

A) high blood sugar.
B) uncontrolled cell growth.
C) high blood pressure.
D) high levels of blood lipids.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.02 How Is Nutrition Connected to Good Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Define "Cancer"

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

17) Osteoporosis is a condition of compromised_____ health.

17) _____

A) cardiovascular
B) bone
C) kidney
D) brain

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.02 How Is Nutrition Connected to Good Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Define "Osteoporosis"

18) Hypertension is the medical term that refers to

18) _____

A) high blood pressure.
B) high blood sugar.
C) high blood lipids.
D) high muscle tone.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.02 How Is Nutrition Connected to Good Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Define "Hypertension"

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

19) Which of the following is the leading nutrition-related cause of death in the United States?

19) _____

A) Heart disease
B) Cancer
C) Diabetes
D) Pneumonia

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.02 How Is Nutrition Connected to Good Health?
Topic : Demographic Trends and Statistics
Source : CH-01: Test Bank > Nutrition-Related Causes of Death

20) Over the past 40 years, rates of_____ have declined among American adults.

20) _____

A) deaths from heart disease
B) cancer screenings
C) obesity
D) diabetes

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.02 How Is Nutrition Connected to Good Health?
Topic : Demographic Trends and Statistics
Source : CH-01: Test Bank > Health Trends Among American Adults

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

21) Which of the following is an essential nutrient?

21) _____

A) Alcohol
B) Carbohydrates
C) Phytochemicals
D) Zoochemicals

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Classes of Essential Nutrients

22) Which of the following nutrients can be broken down by human enzymes to yield energy?

22) _____

A) Lipids
B) Fiber
C) Vitamins
D) Minerals

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Sources of Food Energy

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

23) The main function of carbohydrates is to

23) _____

A) provide energy.
B) promote growth and development.
C) regulate body processes.
D) prevent cancer.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Roles of Carbohydrates

24) Carbohydrates provide_____ kcal per gram.

24) _____

A) 0
B) 4
C) 7
D) 9

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Energy Yield of Carbohydrates

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

25) Which class of nutrients comprises approximately 60% of body weight?

25) _____

A) Water
B) Protein
C) Carbohydrate
D) Minerals

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Contribution of Nutrients to Body Weight

26) Fiber and starch belong to the class of nutrients known as

26) _____

A) carbohydrates.
B) protein.
C) lipids.
D) minerals.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Classifying Fiber and Starch

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

27) Which of the following are substances in plant foods that *cannot* be digested in the stomach or small intestine?

27) _____

A) Starch
B) Disaccharides
C) Dietary fiber
D) Simple sugars

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Indigestible Carbohydrates

28) Which of the following is a function of lipids?

28) _____

A) Supplies 4 kcal per gram
B) Adds structural strength to bones and muscles
C) Supplies a concentrated form of fuel for the body
D) Adds sweetness to food

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Functions of Lipids

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

29) Protein

29) _____

A) is a major component of body structures.
B) supplies 9 kcal per gram.
C) is the body's main source of fuel during physical activity.
D) functions as a solvent.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Characteristics of Protein

30) Which of the following is a characteristic of vitamins?

30) _____

A) Provide energy
B) Become structural components of the body
C) Enable chemical processes in the body
D) Made in sufficient quantities by the body

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Characteristics of Vitamins

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

31) What are the two categories used to describe vitamins?

31) _____

A) Essential vitamins and nonessential vitamins
B) Major vitamins and minor vitamins
C) Fat-soluble vitamins and water-soluble vitamins
D) Major vitamins and trace vitamins

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Categories of Vitamins

32) Minerals can

32) _____

A) provide energy.
B) be destroyed during cooking.
C) be degraded by the body.
D) become part of body structures.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Roles of Minerals

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

33) What are the two categories used to describe minerals?

33) _____

A) Phytominerals and zoominerals
B) Fat-soluble minerals and water-soluble minerals
C) Major minerals and minor minerals
D) Major minerals and trace minerals

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Categories of Minerals

34) Vitamins and minerals_____ be broken down to provide energy.

34) _____

A) cannot
B) can

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Sources of Energy

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

35) Which of the following is a function of water?

35) _____

A) Provides energy
B) Transports nutrients and wastes
C) Structural component of bone
D) Prevents oxidative damage to cell membranes

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Functions of Water

36) Which of the following nutrients provide no calories?

36) _____

A) Alcohol
B) Proteins
C) Carbohydrates
D) Vitamins

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Calorie Yield of Nutrients

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

37) What substances, present in fruits and vegetables, provide significant health benefits such as reducing the risk of cancer?

37) _____

A) Phytochemicals
B) Beta blockers
C) Deoxidizers
D) Free radicals

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Phytochemicals
Source : CH-01: Test Bank > Health-Promoting Plant Chemicals

38) Which of the following is an example of a phytochemical?

38) _____

A) Carotenoids
B) Cholesterol
C) Fiber
D) Enzymes

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.03 Define carbohydrate, protein, lipid, alcohol, vitamin, mineral, water, phyto
Section : 01.03 What Are the Classes and Sources of Nutrients?
Topic : Phytochemicals
Source : CH-01: Test Bank > Examples of Phytochemicals

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

39) A kilocalorie is a measure of

39) _____

A) heat energy.
B) fat in food.
C) nutrients in food.
D) sugar and fat in food.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Define "Kilocalorie"

40) Per gram, which of the following provides the most energy?

40) _____

A) Carbohydrates
B) Proteins
C) Alcohol
D) Fats

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Highest-Energy Macronutrient

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

41) Which of the following is true about the energy content of nutrients?

41) _____

A) Lipids supply 7 kcal per gram.
B) Carbohydrates and proteins supply 4 kcal per gram.
C) Alcohol supplies 9 kcal per gram.
D) Lipids and alcohol supply 9 kcal per gram.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Energy Yield of Macronutrients

42) Which of the following includes all energy-yielding substances?

42) _____

A) Carbohydrates, lipids, protein, water
B) Vitamins, minerals, carbohydrates, lipids, protein
C) Alcohol, carbohydrates, lipids, protein
D) Carbohydrates, lipids, protein, vitamins, minerals, water

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Energy-Yielding Substances

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

43) Which of the following is the *largest* unit of measurement?

43) _____

A) Centigram
B) Milligram
C) Microgram
D) Kilogram

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Largest Unit of Measurement

44) Which of the following is the *smallest* unit of measurement?

44) _____

A) Centigram
B) Milligram
C) Microgram
D) Kilogram

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Smallest Unit of Measurement

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

45) A serving of ranch salad dressing has 5 grams of fat. How many calories come from fat in 1 serving of ranch salad dressing?

45) _____

A) 5 kcal
B) 20 kcal
C) 25 kcal
D) 45 kcal

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Calories from Fat in Salad Dressing

46) A medium-sized baked sweet potato has 24 grams of carbohydrates. How many calories come from carbohydrates in this baked sweet potato?

46) _____

A) 6 kcal
B) 24 kcal
C) 96 kcal
D) 216 kcal

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Calories from Carbohydrates in Sweet Potato

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

47) A recipe calls for 140 grams of chicken breast. This is equivalent to _____ ounces of chicken breast.

47) _____

A) 5
B) 3920
C) 8.75
D) 1.4

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Converting Grams to Ounces

48) One cup of water weighs 8 ounces, which is approximately _____ grams.

48) _____

A) 20
B) 175
C) 225
D) 500

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Converting Ounces to Grams

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

49) One cup of chocolate milk contains 15 grams of carbohydrates, 8 grams of fat, and 8 grams of protein. This cup of chocolate milk supplies _____ kcal.

49) _____

A) 31
B) 124
C) 164
D) 279

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Calories in Chocolate Milk

50) One serving of bibimbap (a Korean dish made of rice, vegetables, and meat) provides 90 grams of carbohydrates, 16 grams of protein, and 13 grams of fat. Based on the amounts of macronutrients given, one serving of bibimbap supplies _____ kcal.

50) _____

A) 119
B) 279
C) 541
D) 556

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Calories in Bibimbap

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

51) Penelope tracked her food and beverage intake for three days using NutritionCalc Plus. Her analysis showed an average intake of 1760 kcal and 42 grams of fat per day. According to her data, her usual dietary pattern provides approximately

51) _____

A) 21% of kcal from fat.
B) 2% of kcal from fat.
C) 10% of kcal from fat.
D) 17% of kcal from fat.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Percent of Calories from Fat in a Dietary Pattern

52) Pat purchases a 2-liter bottle of root beer. This would be approximately

52) _____

A) 2 quarts.
B) 4 cups.
C) 2 gallons.
D) 2 pints.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Converting Liters to English Measurements

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

53) A meal consisting of a cheeseburger, large fries, and a chocolate shake provides a total of 1120 kcal. If 40% of total kcal in this meal come from fat, how many grams of fat are in this meal?

53) _____

A) 64 grams
B) 112 grams
C) 448 grams
D) 50 grams

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Calories from Fat in Fast Food Meal

54) A serving of breakfast cereal provides 160 total calories and 8 grams of added sugars. Added sugars provide_____ of total kcal in this breakfast cereal.

54) _____

A) 5%
B) 20%
C) 35%
D) 45%

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.04 Determine the total calories (kcal) of a food or meal using the weight and c
Section : 01.04 What Math Concepts Will Aid Your Study of Nutrition?
Topic : Nutrition Computations
Source : CH-01: Test Bank > Calculation: Percent of Calories from Added Sugars

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

55) Which of the following most accurately describes the term *epidemiology*?

55) _____

A) A test made to examine the validity of an educated guess
B) An educated guess by a scientist to explain a phenomenon
C) A study of how disease rates vary among different population groups
D) An explanation for a phenomenon that has numerous lines of evidence to support it

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.05 Understand the scientific method as it is used in forming and testing hypoth
Section : 01.05 How Do We Know What We Know About Nutrition?
Topic : Scientific Method
Source : CH-01: Test Bank > Define "Epidemiology"

56) In the _____ experimental design, neither the participants nor the researchers are aware of each participant's assignment (test or placebo) or the outcome of the study until it is completed.

56) _____

A) uncontrolled
B) case-control
C) double-blind
D) single-blind

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.05 Understand the scientific method as it is used in forming and testing hypoth
Section : 01.05 How Do We Know What We Know About Nutrition?
Topic : Scientific Method
Source : CH-01: Test Bank > Experimental Design

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

57) Which of the following accurately describes the term *hypothesis*?

57) _____

A) A test made to examine the validity of an educated guess
B) An educated guess by a scientist to explain a phenomenon
C) A study of how disease rates vary among different population groups
D) An explanation for a phenomenon that has numerous lines of evidence to support it

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.05 Understand the scientific method as it is used in forming and testing hypoth
Section : 01.05 How Do We Know What We Know About Nutrition?
Topic : Scientific Method
Source : CH-01: Test Bank > Define "Hypothesis"

58) When researchers complete a research study and prepare a manuscript describing their work for publication, they seek out an evaluation of work by professionals of similar competence to themselves. This helps to ensure that the work is objective and of high quality. This evaluation process is known as

58) _____

A) competency check.
B) performance review.
C) independent critique.
D) peer review.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.05 Understand the scientific method as it is used in forming and testing hypoth
Section : 01.05 How Do We Know What We Know About Nutrition?
Topic : Scientific Method
Source : CH-01: Test Bank > Professional Evaluation

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

59) A_____ is generally a fake medicine used to disguise the identify of the treatments in an experiment.

59) _____

A) placebo
B) control
C) case
D) hypothesis

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.05 Understand the scientific method as it is used in forming and testing hypoth
Section : 01.05 How Do We Know What We Know About Nutrition?
Topic : Scientific Method
Source : CH-01: Test Bank > Fake Treatment

60) A statistical examination that pools the data from multiple research studies to determine overall trends is called a

60) _____

A) meta-analysis.
B) randomized controlled trial.
C) cohort study.
D) peer review.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.05 Understand the scientific method as it is used in forming and testing hypoth
Section : 01.05 How Do We Know What We Know About Nutrition?
Topic : Scientific Method
Source : CH-01: Test Bank > Statistical Examination

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

61) The Nurses' Health Study includes more than 280,000 participants. When participants enrolled in the study, they agreed to have their lifestyle behaviors and health status assessed repeatedly over the coming years so that researchers could explore relationships between lifestyle and health risks. The Nurses' Health Study is a_____ cohort study.

61) _____

A) prospective
B) retrospective

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.05 Understand the scientific method as it is used in forming and testing hypoth
Section : 01.05 How Do We Know What We Know About Nutrition?
Topic : Scientific Method
Source : CH-01: Test Bank > Cohort Studies

62) The most rigorous type of controlled experiment is a

62) _____

A) meta-analysis.
B) randomized controlled trial.
C) cohort study.
D) case-control study.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.05 Understand the scientific method as it is used in forming and testing hypoth
Section : 01.05 How Do We Know What We Know About Nutrition?
Topic : Scientific Method
Source : CH-01: Test Bank > Strength of Evidence

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

63) According to the Food and Nutrition Board (FNB) of the National Academy of Sciences,_____ of calories should come from carbohydrates.

63) _____

A) 20% to 35%
B) 45% to 65%
C) 10% to 35%

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.06 List the major characteristics of a nutritious dietary pattern, the food hab
Section : 01.06 What Is the Current State of Dietary Patterns and Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Carbohydrate AMDR

64) According to the Food and Nutrition Board (FNB) of the National Academy of Sciences,_____ of calories should come from protein.

64) _____

A) 20% to 35%
B) 45% to 65%
C) 10% to 35%

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.06 List the major characteristics of a nutritious dietary pattern, the food hab
Section : 01.06 What Is the Current State of Dietary Patterns and Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Protein AMDR

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

65) According to the Food and Nutrition Board (FNB) of the National Academy of Sciences,_____ of calories should come from fat.

65) _____

A) 20% to 35%
B) 45% to 65%
C) 10% to 35%

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.06 List the major characteristics of a nutritious dietary pattern, the food hab
Section : 01.06 What Is the Current State of Dietary Patterns and Health?
Topic : Nutrition Basics
Source : CH-01: Test Bank > Fat AMDR

66) An overarching goal of *Healthy People 2030* is to

66) _____

A) help people live free of preventable disease, disability, injury, and premature death.
B) implement a universal health care system.
C) set standards for nutrient intakes in the United States.
D) develop policies that promote physical activity among Americans of all ages.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.06 List the major characteristics of a nutritious dietary pattern, the food hab
Section : 01.06 What Is the Current State of Dietary Patterns and Health?
Topic : Public Health and Nutrition
Source : CH-01: Test Bank > Goals of HP 2030

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

67) Which of the following is true about the typical dietary pattern of U.S. adults?

67) _____

A) Most of our protein comes from plant sources.
B) Approximately half of our carbohydrates come from simple sugars.
C) Most of our fats come from plant sources.
D) Our dietary fiber intake is excessive.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.06 List the major characteristics of a nutritious dietary pattern, the food hab
Section : 01.06 What Is the Current State of Dietary Patterns and Health?
Topic : Demographic Trends and Statistics
Source : CH-01: Test Bank > U.S. Dietary Trends

68) On average, adults in the U.S. consume approximately_____% of total calories as fat.

68) _____

A) 36
B) 22
C) 28
D) 55

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.06 List the major characteristics of a nutritious dietary pattern, the food hab
Section : 01.06 What Is the Current State of Dietary Patterns and Health?
Topic : Demographic Trends and Statistics
Source : CH-01: Test Bank > Average Fat Intake of Americans

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

69) In the United States, approximately_____ of adults are affected by overweight or obesity.

69) _____

A) one-quarter
B) one-third
C) one-half
D) two-thirds

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.02 Define nutrition and identify dietary and lifestyle factors that contribute
Section : 01.06 What Is the Current State of Dietary Patterns and Health?
Topic : Demographic Trends and Statistics
Source : CH-01: Test Bank > Obesity Prevalence

70) A nutrition-related objective from *Healthy People 2030* is to

70) _____

A) reduce the proportion of households that experience food insecurity.
B) increase the consumption of added sugars.
C) increase the consumption of sodium.
D) reduce the proportion of adults who are at a healthy weight.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.06 List the major characteristics of a nutritious dietary pattern, the food hab
Section : 01.06 What Is the Current State of Dietary Patterns and Health?
Topic : Public Health and Nutrition
Source : CH-01: Test Bank > Nutrition and Healthy Eating Objectives

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

71) To reduce their risk for many chronic diseases, Americans should limit their intakes of

71) _____

A) saturated fats.
B) whole grains.
C) phytochemicals.
D) carbonated water.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.07 Describe a basic plan for health promotion and disease prevention and what t
Section : 01.07 Adopting a Healthy Lifestyle
Topic : Nutrition Basics
Source : CH-01: Test Bank > Diet and Disease Risk

72) Which of the following individuals is engaging in binge drinking?

72) _____

A) A female adult who drinks two 12-fl oz cans of beer while eating steamed crabs.
B) A male adult who drinks four shots of whiskey at a bachelor party.
C) A female adult who drinks three 5-fl oz glasses of wine at a cocktail party.
D) A male adult who drinks a six-pack of 12-fl oz bottles of beer at a cookout.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 5. Evaluate
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Identifying Binge Drinking

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

73) An 80-proof alcoholic beverage contains_____ percent alcohol.

73) _____

A) 20
B) 40
C) 80
D) 100

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 3. Apply
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Alcohol Proof

74) Which of the following are reasons older adults are more susceptible to the damaging effects of alcohol?

74) _____

A) Older adults tend to have lower lean body mass and lower body water content.
B) The rate of alcohol metabolism decreases with age.
C) Alcohol can interact with medications in the body.
D) All of these choices are correct.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Alcohol Consumption Among Older Adults

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

75) Where is the chief site of alcohol metabolism?

75) _____

A) Brain
B) Stomach
C) Liver
D) Kidneys

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Site of Alcohol Metabolism

76) A person with a deficiency of alcohol dehydrogenase would

76) _____

A) become intoxicated at low levels of alcohol intake.
B) have a high tolerance for alcohol.
C) be able to pass a breathalyzer test even with a blood alcohol concentration of 0.08 or higher.
D) feel ill due to an accumulation of acetaldehyde in the blood.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Alcohol Dehydrogenase

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

77) Excessive use of alcohol leads to the accumulation of_____ in the liver.

77) _____

A) fat
B) protein
C) carbohydrates
D) water

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 2. Understand
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Effect of Excessive Alcohol on the Liver

78) The disease characterized by fatty infiltration of the liver and replacement of functioning liver cells with fibrous connective tissue is known as

78) _____

A) cirrhosis.
B) liver cancer.
C) hepatitis.
D) Crohn's disease.

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Liver Disease

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

79) The *Dietary Guidelines* recommends that adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to _____ drink(s) or less in a day for men or _____ drink(s) or less in a day for women, on days when alcohol is consumed.

79) _____

A) 1; 0
B) 2; 1
C) 3; 2
D) 4; 3

Question Details
Accessibility : Keyboard Navigation
Activity Type : New
Bloom's : 1. Remember
Gradable : automatic
Learning Outcome : 01.08 Define current alcohol guidelines and list the risks of excessive alcohol us
Section : 01.08 Nutrition and Your Health: Nutrition Implications of Alcohol Consumption
Topic : Alcohol
Source : CH-01: Test Bank > Dietary Guidelines for Alcohol Intake

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

CH-01: Test Bank

Answer Key

Test name: CH-01: Test Bank

1) FALSE
2) TRUE
3) TRUE
4) D
5) B
6) A
7) B
8) B
9) A
10) B
11) A
12) A
13) A
14) D
15) A
16) B
17) B
18) A
19) A
20) A
21) B
22) A
23) A
24) B
25) A
26) A
27) C
28) C
29) A
30) C
31) C
32) D
33) D
34) A
35) B
36) D
37) A

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

38) A
39) A
40) D
41) B
42) C
43) D
44) C
45) D
46) C
47) A
48) C
49) C
50) C
51) A
52) A
53) D
54) B
55) C
56) C
57) B
58) D
59) A
60) A
61) A
62) B
63) B
64) C
65) A
66) A
67) B
68) A
69) D
70) A
71) A
72) D
73) B
74) D
75) C
76) A
77) A

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank

78) A
79) B

Wardlaws Contemporary Nutrition - A Functional Approach 7th edition Smith Test Bank