Personal Health 1st edition Kiely Test Bank

SKU: 9781284099652-TEST-BANK

Chapter 2 Assessment Quiz

Matching

1. Match the term with the definition.

1. Carbohydrates
2. Fiber
3. Enzymes
4. Amino acids
5. Food fortification
6. Mechanical digestion
7. Regional-level eating patterns
8. Type 2 diabetes mellitus
9. Nutritional environment
10. Food desert

A. Usually end in “–ase” and accelerate, or catalyze, chemical reactions, such as breaking down foods through digestion.
B. Organic compounds that are the building blocks for protein.
C. Consist of carbon, hydrogen, and oxygen atoms; sometimes classified as “simple” (monosaccharides and disaccharides) and “complex” (polysaccharides).
D. The environment where people purchase and eat food.
E. Process used for nearly a century in industrialized countries as a means of restoring micronutrients lost by food processing.
F. Nondigestible complex carbohydrates found only in plant materials.
G. Areas high in fast-food outlets but low in grocery stores.
H. Breaking down of food by chewing.
I. Different cultures can have better overall health outcomes than others, due, in large part, to their diets
J. Cells become resistant to insulin and the pancreas responds to the rising blood sugar by producing more and more insulin; eventually the pancreas loses control over blood sugar regulation.
Ans: 1/C, 2/F, 3/A, 4/B, 5/E, 6/H, 7/I, 8/J, 9/D, 10/G
Complexity: Difficult
A-head: Macronutrients and Other Key Components of Nutrition
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Analysis

True of False

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1. True or False? President Theodore Roosevelt passed the Agricultural Adjustment Act of 1933 to stabilize crop prices by controlling food overproduction. The Farm Bill is currently implemented as of 2016.
Ans: False
Complexity: Easy
A-head: Moving A-head to Parenthood: The First Thousand Days
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Application

2. True or False? Catabolism is the last destructive stage of the metabolic process.
Ans: False
Complexity: Easy
A-head: Digestion and Absorption: What Happens When You Eat or Drink?
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Application

3. True or False? According to the U.S. Department of Agriculture, American consumption of sugar now averages more than 150 pounds per year, whereas a century ago the average intake of sugar was about 4 pounds per year.
Ans: True
Complexity: Easy
A-head: Eating Wisely—As Individuals and Communities
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Recall

4. True or False? People who consume sugar through liquid feel fuller than if they'd eaten the same number of calories through solid food.
Ans: False
Complexity: Easy
A-head: Eating Wisely—As Individuals and Communities
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Recall

Multiple Choice

1. Select the definition that best describes the mission of the Women, Infants and Children's (WIC) program.
A) A program intended to provide nutrition at that crucial time in human development when markers for human growth and cellular resilience are taking shape in the womb
B) A program intended to provide fitness at that crucial time in human development when markers for human growth and cellular resilience are taking shape—in the womb and during the first few years of childhood
C) A program intended to provide nutrition at that crucial time in human development when markers for human growth and cellular resilience are taking shape—in the womb and during the first few years of childhood
D) A privately funded program intended to provide nutrition at that crucial time in human development when markers for human growth and cellular resilience are taking shape—in the womb and during the first few years of childhood
Ans: C
Complexity: Moderate
A-head: Eating Wisely—As Individuals and Communities
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Taxonomy: Application

2. If your diet is healthy and well balanced, this means that drinking _____12-ounce glasses of water per day is probably enough to supplement what you are getting from fruits and vegetables.
A) 6
B) 8
C) 4
D) 2
Ans: C
Complexity: Moderate
A-head: Macronutrients and Other Key Components of Nutrition
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Taxonomy: Application

3. _____ is the process by which our genes respond to environmental cues, and while our genetic code doesn't change, biological responses, or "switches" can change as a result of nutritional scarcity or abundance in the womb.
A) Obese genetics
B) Environ genetics
C) Epigenetics
D) Biogenetics
Ans: C
Complexity: Moderate
A-head: Moving A-head to Parenthood: The First Thousand Days
Subject: Chapter 2

Title: Starting With Food: Nutrition and Health
Taxonomy: Application

4. Which of the following are the basic building block of lipids and represent the densest form of dietary energy, providing approximately 9 kilocalories (kcal) per gram?
A) Fibers
B) Proteins
C) Fatty acids
D) Carbohydrates
Ans: C
Complexity: Moderate
A-head: Macronutrients and Other Key Components of Nutrition
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Recall

Essay

1. Describe the societal environments that are making us sick and the environments that are making us healthy.
Ans: Answer is based on personal experience and chapter references.
Complexity: Moderate
A-head: Societal Choices: How Do We Improve Nutritional Options for Everyone?
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Application

2. Explain the relationship between teeth, oral health, and nutritional health.
Answer: For individuals, as well as for populations, nutritional status affects a person's teeth, and oral health affects nutritional status. This principle carries through the entire process of food breakdown, digestion, and metabolism: Proper nutrition helps support healthy teeth, saliva, mucus, musculature, and enzymes that, in turn, help ensure healthy teeth, saliva, mucus, and digestive organs.
Complexity: Difficult
A-head: Digestion and Absorption: What Happens When You Eat or Drink?
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Analysis