Nutrition Essentials 1st edition Insel Test Bank

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Chapter 01 - Quiz

Multiple Choice

1. The sale of gluten-free products in the United States is rising each year due to the increased diagnosis of celiac disease and the belief that eliminating gluten from the diet will treat other conditions. This practice is best described as an example of which sensory influence or personal preference?
A) Food and diet trends
B) Economics
C) Religion
D) Availability
Ans: A
Complexity: Moderate
Ahead: Why Do We Eat the Way We Do?
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

2. Which of the following is a sensory influence that determines a person's food preferences?
A) Diet trends that exist at a given time
B) Texture of food that a person likes
C) Culture to which a person belongs
D) Genetic predisposition of a person
Ans: B
Complexity: Easy
Ahead: Why Do We Eat the Way We Do?
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3. As people from other cultures immigrate to new lands, they will adopt new behaviors consistent with their new homes; however, the last thing to change is generally:
A) comfort foods.
B) food habits.
C) expectations about food.
D) taste sensitivities.
Ans: B
Complexity: Moderate
Ahead: Why Do We Eat the Way We Do?
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4. A 19-year-old boy avoids rice pudding because once when he was a child, he got sick after eating it. This practice of avoiding a certain food because you think it will make you sick is best described as which sensory influence?

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A) Nutrition and health beliefs
B) Social factors
C) Food and diet trends
D) Comfort/discomfort foods
Ans: D
Complexity: Moderate
Ahead: Why Do We Eat the Way We Do?
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5. Unwillingness to try new foods is a characteristic most likely seen in which of the following age groups?
A) Infants ages 3 months to 1 year old
B) Children ages 2 years to 3 years old
C) Adults ages 13 years to 18 years old
D) Adults ages 30 to 35 years old
Ans: B
Complexity: Easy
Ahead: Why Do We Eat the Way We Do?
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6. Nutrients are defined as the chemicals:
A) found in all plants that are needed for prevention of disease.
B) in foods that are needed for normal body functions.
C) that provide energy to the body.
D) that must be consumed in equal amounts daily.
Ans: B
Complexity: Easy
Ahead: Introducing the Nutrients
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7. The _____ model shows how individual factors, environmental settings, and various sections of influence overlap to form health decisions for an individual.
A) health belief
B) transtheoretical
C) community action
D) social-ecological
Ans: D
Complexity: Moderate
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8. An essential nutrient is a chemical that:
A) the body can only make if given enough kilocalories.
B) can only be made in the body of the person who eats healthfully.
C) is found only in plant foods.

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D) must be consumed in the diet because the body cannot make it in sufficient quantity.
Ans: D
Complexity: Easy
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9. Except for _____, all of the following are organic compounds that regulate body processes and contribute to cell and body structure.
A) vitamins
B) minerals
C) lipids
D) proteins
Ans: B
Complexity: Moderate
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10. Carbohydrate contain ___ calories per gram.
A) 0
B) 4
C) 7
D) 9
Ans: B
Complexity: Easy
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11. Which of the following is the best way to describe how vitamins contribute to supplying energy from foods that we eat?
A) Vitamins contribute 4 kilocalories per gram.
B) Vitamins contribute 9 kilocalories per gram.
C) They provide the starting material for making many hormones.
D) They have vital roles in extracting energy from carbohydrate, fat, and protein.
Ans: D
Complexity: Moderate
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12. _____ are organic compounds that function as the building blocks of protein.
A) Vitamins
B) Minerals
C) Amino acids
D) Macronutrients
Ans: C

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Complexity: Easy
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13. Which of the following is *not* considered to be a nutrient?
A) Kilocalories
B) Protein
C) Lipids
D) Water
Ans: A
Complexity: Easy
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14. Phytochemicals in foods may reduce the risk of certain diseases by:
A) their antioxidant activity.
B) altering the structure of proteins in liver and kidney tissue.
C) stimulating the excretion of carcinogens and toxic cofactors.
D) increasing the production of intestinal and pancreatic enzymes.
Ans: A
Complexity: Easy
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15. Consuming 275 grams of carbohydrate provides what percentage of calories from carbohydrate in a 2,000 kcal diet?
A) 25
B) 40
C) 55
D) 60
Ans: C
Complexity: Difficult
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16. How many kilocalories are in 7 grams of protein?
A) 28
B) 49
C) 63
D) 77
Ans: A
Complexity: Moderate
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17. How many grams of protein are in a product that supplies 160 kilocalories from protein?
A) 20
B) 30
C) 35
D) 40
Ans: D
Complexity: Moderate
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18. Protein can supply:
A) more energy per gram than carbohydrates.
B) more energy per gram than lipids.
C) the same amount of energy per gram as carbohydrates.
D) less energy per gram than carbohydrates.
Ans: C
Complexity: Moderate
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19. Amino acids are different from other building blocks of nutrients because they:
A) contribute the most concentrated energy.
B) contain only double-bonded carbon–hydrogen groups.
C) contain the element nitrogen.
D) are completely digested in the stomach.
Ans: C
Complexity: Easy
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20. Which nutrients provide the starting material for making many of the hormones in our bodies?
A) Vitamins
B) Minerals
C) Lipids
D) Proteins
Ans: C
Complexity: Easy
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21. If a food label identifies the total number of kilocalories in a bowl of cereal as 140 and the carbohydrate kilocalories as 100, what is the approximate percentage of energy supplied by carbohydrates?
A) 40
B) 50
C) 60
D) 70
Ans: D
Complexity: Difficult
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22. If a single honey-glazed doughnut contains 50 grams of carbohydrate, 10 grams of protein, and 20 grams of fat, what is the energy contained by the doughnut?
A) 450 kcal
B) 350 kcal
C) 320 kcal
D) 420 kcal
Ans: D
Complexity: Difficult
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23. If you eat a diet with 2,000 kilocalories and 45 percent of those calories come from protein, about how many grams of protein did you eat?
A) 100
B) 128
C) 200
D) 225
Ans: D
Complexity: Moderate
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24. A patient is on a 2,000-kcal diet but is meeting only 80 percent of his total energy need. Which of the following food items could provide adequate kcal for the remaining 20 percent?
A) Food item A (20 grams of fat, 20 grams of carbohydrate, and 35 grams of protein)
B) Food item B (10 grams of fat, 20 grams of carbohydrate, and 35 grams of protein)
C) Food item C (20 grams of fat, 10 grams of carbohydrate, and 35 grams of protein)
D) Food item D (20 grams of fat, 20 grams of carbohydrate, and 25 grams of protein)
Ans: A
Complexity: Difficult
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25. A meal that contains 4 grams of fat, 3 grams of protein, and 3 grams of carbohydrate will provide _____ calories.
A) 50
B) 60
C) 70
D) 80
Ans: B
Complexity: Difficult
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26. Phytochemicals are:
A) usually found in all types of food.
B) a group of vitamins that participate in metabolic reactions.
C) all the micronutrients listed in the DRI.
D) substances in plants that may reduce the risk of some chronic diseases.
Ans: D
Complexity: Easy
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27. Fat-soluble vitamins:
A) are more likely to be stored in larger quantities than water-soluble vitamins.
B) have very limited roles.
C) are usually involved in some way with the pathways for energy metabolism.
D) are safe to be consumed in large quantities.
Ans: A
Complexity: Moderate
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28. Which of the following statements is true about nutrients and food?
A) Each food usually supplies one type of nutrient.
B) Macronutrients are mostly found in solid foods.
C) Most foods contain mixtures of many nutrients.
D) Each nutrient is best absorbed if eaten alone.
Ans: C
Complexity: Moderate
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29. Current physical activity guidelines recommend that children and adolescents are physically active for:
A) 30 minutes each day.
B) 60 minutes or more 3 days of the week.

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C) 60 minutes or more each day.
D) 90 minutes 3 days of the week.
Ans: C
Complexity: Easy
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30. Peer review of research articles is best described as:
A) objective analysis of the research topic that is conducted by a research team that is different from the original research team.
B) objective analysis of research that is similar to the subjects in the original research.
C) scientists who have expert knowledge of the subject critically reviewing the original research findings.
D) a step that increases the change of low-quality research being published.
Ans: C
Complexity: Moderate
Ahead: From Research Study to Headline
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