# *Personal Health - A Public Health Perspective 2nd edition Kiely Test Bank*

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*Personal Health: A Public Health Perspective, Second Edition*
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Test Bank
Import Settings:
Base Settings: Brownstone Default
Information Field: Complexity
Information Field: Ahead
Information Field: Subject
Information Field: Title
Information Field: Taxonomy
Highest Answer Letter: D
Multiple Keywords in Same Paragraph: No
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**Chapter: Chapter 02 – Test Bank**

**Multiple Choice**

1. Which of the following 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 publicly 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
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
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
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) six
B) eight
C) four
D) two
Ans: C
Complexity: Moderate
A-head: Macronutrients and Other Key Components of Nutrition
Subject: Chapter 2
Title: Starting With Food: Nutrition and Health
Taxonomy: Application

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3. _____ is the process by which our genes respond to environmental cues; 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 blocks 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

**True/False**

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 2023
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

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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 liquids 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

**Matching**

1. Match the term with the definition.
1. Carbohydrates
Ans: Consist of carbon, hydrogen, and oxygen atoms; sometimes classified as "simple" (monosaccharides and disaccharides) and "complex" (polysaccharides).
2. Fiber
Ans: Nondigestible complex carbohydrates found only in plant materials.
3. Enzymes
Ans: Usually end in "–ase" and accelerate, or catalyze, chemical reactions, such as breaking down foods through digestion.
4. Amino acids
Ans: Organic compounds that are the building blocks for protein.
5. Food fortification
Ans: Process used for nearly a century in industrialized countries as a means of restoring micronutrients lost by food processing.
6. Mechanical digestion
Ans: Breaking down of food by chewing.
7. Regional-level eating patterns.
Ans: Different cultures can have better overall health outcomes than others, due, in large part, to their diets
8. Type 2 diabetes mellitus
Ans: 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.
9. Nutritional environment
Ans: The environment where people purchase and eat food.
10. Food desert
Ans: Area high in fast-food outlets but low in grocery stores.
Complexity: Difficult
A-head: Macronutrients and Other Key Components of Nutrition

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

**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

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