Discovering Nutrition 7th edition Insel Test Bank

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Chapter: 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) Sustainability 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. 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?
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?
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

3. As people from other cultures immigrate to new lands, they will adopt new behaviors consistent with their new homes. However, _____ are among the last to change.
A) food habits
B) traditions
C) expectations about food
D) taste sensitivities

Complexity: Easy
Ahead: Why Do We Eat the Way We Do?
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

4. Which of the following factors is *most* likely to influence individual food choices?
A) Genetic factors such as inherited taste preferences
B) Sensory properties of foods such as taste, smell, and texture
C) Environmental factors such as economics and culture
D) Random chance and unpredictability
Ans: B
Ahead: Why We Eat What We Do
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

5. How many kilocalories are in 7 grams of protein?
A) 28
B) 49
C) 63
D) 77
Ans: A
Complexity: Moderate
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

6. Which nutrient provides the starting material for making many of the hormones in our bodies?
A) Vitamins
B) Minerals
C) Lipids
D) Proteins
Ans: C
Complexity: Easy
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

7. 275 grams of carbohydrate provides what percent of calories from carbohydrate in a 2,000 kcal diet?
A) 25
B) 40
C) 55
D) 60
Ans: C
Complexity: Difficult
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

8. 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
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

9. If you eat a diet with 2,000 kilocalories and 45 percent of those calories come from protein, approximately how many grams of protein did you eat?
A) 100
B) 128
C) 200
D) 225
Ans: D
Complexity: Moderate
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

10. Which of the following statements is *true* regarding the influence of nutrition on health and disease?
A) Nutrition only affects the risk of developing acute diseases.
B) Nutrition has no impact on the prevention or treatment of chronic diseases.
C) Nutrition can affect susceptibility to both acute and chronic diseases, with a greater impact on chronic diseases like heart disease or cancer.
D) Nutrition plays a role only in the physical aspect of well-being, not in mental or social well-being.
Ans: C
Complexity: Moderate
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

11. Which of the following *best* describes components of a double-blind study?
A) When members of the control group know which group they are in, but members of the experimental group do not
B) When the researchers do not know which group the subjects are in, but the subjects of both the control and experimental group know which group they are in
C) When neither the subjects nor the researchers are aware of the subjects' group assignments
D) When members of the experimental group and the researchers know which study group all of the subjects are in
Ans: C
Complexity: Moderate
Ahead: Applying the Scientific Process to Nutrition
Subject: Chapter 1

Title: Food Choices: Nutrients and Nourishment

12. A study of the relationship between skipping breakfast and its link to overweight kids is an example of which type of study?
A) A clinical trial
B) A nominal study
C) An epidemiological study
D) A controlled case study
Ans: C
Complexity: Difficult
Ahead: Applying the Scientific Process to Nutrition
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

13. 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
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

14. 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
Ahead: Why Do We Eat the Way We Do?
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

15. Except for _____, all of the following are similar in how they are absorbed and transported in the body.
A) vitamin B_6
B) vitamin D
C) vitamin A
D) vitamin K
Ans: A
Complexity: Moderate
Ahead: Introducing the Nutrients
Subject: Chapter 1

Title: Food Choices: Nutrients and Nourishment

16. 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 calories 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
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

17. 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
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

True/False

1. True or False? The six classes of nutrients in food include carbohydrates, lipids, proteins, vitamins, minerals, and water.
Ans: True
Complexity: Easy
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

2. True or False? Carbohydrate is considered the most essential nutrient.
Ans: False
Complexity: Easy
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

3. True or False? Compared to our lifestyle factors such as smoking and exercise, our food choices are

more likely to affect our risk for developing chronic diseases such as heart disease or cancer.
Ans: True
Complexity: Easy
Ahead: Introduction to Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

4. True or False? In nutrition research, a supposition or proposed explanation made on the basis of limited evidence and used as a starting point for further investigation is called the observation.
Ans: False
Complexity: Easy
Ahead: Applying the Scientific Process to Nutrition
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

5. True or False? An example of a case control study is one in which a group of individuals who have a condition, such as heart disease, are compared with a similar group of people who do not have the same condition.
Ans: True
Complexity: Moderate
Ahead: Applying the Scientific Process to Nutrition
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

6. True or False? An example of a correlation study is when a set of people is studied in an effort to evaluate the effect of an event, substance, or technique, such as if vitamin C helps to improve a certain skin condition.
Ans: False
Complexity: Moderate
Ahead: Applying the Scientific Process to Nutrition
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

7. True or False? An example of placebo effect is the expectation that a certain treatment will be effective can be almost as effective as the treatment itself.
Ans: True
Complexity: Moderate
Ahead: Applying the Scientific Process to Nutrition
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

8. True or False? Professional journals in print and on the Internet are examples of primary sources of scientific research information.
Ans: True
Complexity: Easy
Ahead: From Research Study to Headline

Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

9. True or False? Usually, results from animal studies can be applied directly to humans.
Ans: False
Complexity: Easy
Ahead: Applying the Scientific Process to Nutrition
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

Short Answer

1. There are a total of _____ calories available from a serving of food that contains 3 grams of fat, 14 grams of carbohydrate, and 4 grams of protein.
Ans: 99
Complexity: Difficult
Ahead: Introducing the Nutrients
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment

2. _____ is the word for plant chemicals found in food that are not nutrients but are important health functions.
Ans: Phytochemicals
Complexity: Easy
Ahead:
Subject: Chapter 1
Title: Food Choices: Nutrients and Nourishment