Food and Culture 7th edition Sucher Test Bank

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Chapter 02 - Traditional Health Beliefs and Practices

True / False

1. The view of an individual's relationship to fate is seldom related to the perception of time.
   a. True
   b. False

ANSWER: False
REFERENCES: Worldview -- Cultural Outlook
KEYWORDS: Bloom's: Understand

2. *Cultural imposition* can be defined as a tendency for health personnel to impose their beliefs, practices, and values upon another culture because they believe their views are superior.
   a. True
   b. False

ANSWER: True
REFERENCES: Worldview -- Biomedical Worldview
KEYWORDS: Bloom's: Understand

3. The American majority value that all people should have equal access to health care is shared by almost all cultures worldwide.
   a. True
   b. False

ANSWER: False
REFERENCES: Worldview -- Biomedical Worldview
KEYWORDS: Bloom's: Understand

4. Traditional views of health and illness often encompass a mind-body duality.
   a. True
   b. False

ANSWER: True
REFERENCES: Worldview -- Biomedical Worldview
KEYWORDS: Bloom's: Understand

5. For many biomedical health care providers, an illness isn't real unless it is clinically significant; emotional or social issues are the domain of other specialists.
   a. True
   b. False

ANSWER: True
REFERENCES: Worldview -- Biomedical Worldview
KEYWORDS: Bloom's: Understand

6. Asians often believe that the yin and the yang of their surroundings and environment need to be kept in balance for cosmic and personal harmony and health.
   a. True
   b. False

ANSWER: True
REFERENCES: What Is Health? -- Cultural Definitions of Health

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KEYWORDS: Bloom's: Understand

7. Traditional views of being thin are seldom negative and do not have underlying associations with poor diet and disease.
   a. True
   b. False

ANSWER: False
REFERENCES: What Is Health? -- Cultural Definitions of Health
KEYWORDS: Bloom's: Understand

8. “Hot” and “cold” associations between food and health would suggest that the hot and cold aspects of food should be balanced to account for personal constitution and the weather.
   a. True
   b. False

ANSWER: True
REFERENCES: What Is Health? -- Health Maintenance
KEYWORDS: Bloom's: Understand

9. In a traditional culture, the evil eye can be blamed for causing illness when an envious enemy casts it.
   a. True
   b. False

ANSWER: True
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

10. The future orientation of the biomedical model expects patients to put up with a high level of pain and discomfort in the present for the future health benefit.
   a. True
   b. False

ANSWER: True
REFERENCES: Worldview -- Biomedical Worldview
KEYWORDS: Bloom's: Understand

Multiple Choice

11. Approximately what percentage of adults in the U.S. used some form of CAM during the year 2007?
   a. 50%
   b. 72%
   c. 38%
   d. 12%
   e. 83%

ANSWER: c
REFERENCES: Introduction
KEYWORDS: Bloom's: Understand

12. In biomedical culture, three causes of disease are identified:
   a. immediate causes, underlying causes, and ultimate causes.

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b. immediate causes, emerging causes, and ultimate causes.
c. immediate causes, intermediate causes, and underlying causes.
d. spiritual causes, emerging causes, and ultimate causes.
e. spiritual causes, underlying causes, and immediate causes.

ANSWER: a
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

13. What is the belief of the "majority American worldview" in regard to fate?
a. a belief in personal control over fate
b. a belief that fate controls the future
c. a belief that illness is a result of fate
d. a belief in fate only in movies
e. a belief in fate only if prescribed by physician

ANSWER: a
REFERENCES: Worldview -- Cultural Outlook
KEYWORDS: Bloom's: Understand

14. A monochronistic view of time suggests:
a. doing several things at once.
b. doing only two things at a time.
c. doing one thing at a time.
d. focusing on one color at a time.
e. doing nothing.

ANSWER: c
REFERENCES: Worldview -- Cultural Outlook
KEYWORDS: Bloom's: Understand

15. What ethnicity focuses most on the belief that fulfilling social obligations is essential to health and that disharmony with family or village members can result in illness?
a. Gypsies
b. African Americans
c. Middle Easterners
d. Pacific Islanders
e. Native Americans

ANSWER: d
REFERENCES: What Is Health? -- Cultural Definitions of Health
KEYWORDS: Bloom's: Understand

16. When sickness is assumed to be due to the actions of the patient, reasons for illness might include
a. bad weather, allergens, and pollution.
b. viruses, bacteria, and parasites.
c. food and exercise choices.
d. interpersonal disharmony.
e. conjury.

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ANSWER: c
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

17. When a health care provider imposes her or his beliefs, practices, and values on a patient from another culture, what is this termed?
    a. supernatural powers
    b. cultural imposition
    c. worldview
    d. cultural inquisition
    e. biomedical approach
ANSWER: b
REFERENCES: Worldview -- Biomedical Worldview
KEYWORDS: Bloom's: Understand

18. Expression of emotions through bodily complaints is called
    a. sympathetic qualities.
    b. the biomedical approach.
    c. somatization.
    d. *empacho*.
    e. empathetic qualities.
ANSWER: c
REFERENCES: Worldview -- Biomedical Worldview
KEYWORDS: Bloom's: Understand

19. A state of complete physical, mental, and social well-being, not merely the absence of disease, defines what term?
    a. biomedical approach
    b. holistic medicine
    c. botanical remedies
    d. health
    e. welfare
ANSWER: d
REFERENCES: What Is Health? -- Cultural Definitions of Health
KEYWORDS: Bloom's: Understand

20. General dietary guidelines for health that are similar to those of the U.S. have been developed for many countries, and usually include what concept(s)?
    a. five food groups
    b. using foods as medicine because of their intrinsic properties
    c. balance and moderation
    d. calorie restriction and physical activity
    e. vitamin supplements
ANSWER: c
REFERENCES: What Is Health? -- Health Maintenance
KEYWORDS: Bloom's: Understand

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21. Hot–cold concepts developed out of _____ humoral medicine that identified four characteristics in the natural world associated with four body humors.

a. Middle Eastern
b. Latin American
c. Renaissance
d. ancient Greek
e. Native American Indian

ANSWER: d
REFERENCES: What Is Health? -- Health Maintenance
KEYWORDS: Bloom's: Understand

22. Sympathetic medicine and sympathetic magic use the word *sympathetic* to mean

a. agreeably suited to a disposition or mood.
b. vibrations from being in harmony.
c. items that have visible characteristics similar to human body parts or organs.
d. items that feel similar to human body parts or organs.
e. balanced and in moderation.

ANSWER: c
REFERENCES: What Is Health? -- Health Maintenance
KEYWORDS: Bloom's: Understand

23. The Japanese diet based on brown rice, miso soup, and vegetables that was popularized in Europe as promoting health in the 1920s is called

a. microbiotics.
b. the raw food diet.
c. macrobiotics.
d. the yin-yang diet.
e. ritualistic cannibalism.

ANSWER: c
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

24. Culture-bound syndromes are

a. a holistic view of the total experiences of the patient.
b. healers chosen by cost and convenience.
c. culturally defined folk illnesses that may be difficult to treat if not actually considered an illness.
d. always due to witches and conjury issues.
e. brought on by the evil eye.

ANSWER: c
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

25. Witches, sorcerers, and root doctors have the power to manipulate the natural or supernatural world through

a. the evil eye.

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b. wind or bad air.
c. conjury.
d. humor systems.
e. magic wands.

ANSWER: c
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

26. What type of medicine proposes that blood and lymph flow, as well as nerve function, improves through manipulation of the musculoskeletal system?
a. chiropractic
b. acupuncture
c. osteopathic
d. homeopathy
e. traditional Chinese medicine

ANSWER: c
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Understand

27. In what type of medicine is the body aided to heal itself through non-invasive natural treatments?
a. osteopathic
b. biomedical
c. supernatural healing
d. naturopathic
e. magico-religious interventions

ANSWER: d
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Understand

28. Cultures use different therapies to cure illness. The practice of _____ is based on the tenant that “like cures like.”
a. folk healing
b. homeopathy
c. ayurvedic medicine
d. naturopathic medicine
e. chiropractic medicine

ANSWER: b
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Understand

29. What act defines dietary supplements as separate from food and drugs?
a. DSHEA
b. USDA
c. FDA
d. Botanical Labeling Act
e. American Herbal Products Association

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ANSWER: a
REFERENCES: Disease, Illness, and Sickness -- Botanical Remedies
KEYWORDS: Bloom's: Understand

30. The consecutive or concurrent use of multiple health care systems is called
    a. biomedical healing.
    b. dual medicine.
    c. medical pluralism.
    d. ayurvedic medicine.
    e. cooperative monitoring.

ANSWER: c
REFERENCES: Pluralistic Health Care Systems -- Medical Pluralism
KEYWORDS: Bloom's: Understand

31. Approximately how much do Americans currently spend on complementary and alternative medicine annually?
    a. $11 billion
    b. $40 billion
    c. $1 million
    d. $350 thousand
    e. $1 million

ANSWER: b
REFERENCES: Introduction
KEYWORDS: Bloom's: Understand

32. The ancient Asian Indian system of healing is called
    a. biomedicine.
    b. holistic therapy.
    c. ayurvedic medicine.
    d. traditional Chinese medicine.
    e. magico-religious interventions.

ANSWER: c
REFERENCES: Introduction
KEYWORDS: Bloom's: Understand

33. The majority members in the United States are _____, meaning they prefer to concentrate on one issue or task at a time in a sequential manner.
    a. multicultural
    b. monochronistic
    c. immigrants
    d. materialistic
    e. spiritual

ANSWER: b
REFERENCES: Worldview -- Cultural Outlook
KEYWORDS: Bloom's: Understand

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34. Which cultural group is an example of one that believes a person's family should be involved in all health care decisions?

a. Jews
b. Middle Easterners
c. Americans
d. Latin Americans
e. Native Americans

ANSWER: b
REFERENCES: Worldview -- Cultural Outlook
KEYWORDS: Bloom's: Understand

35. Majority American values emphasize _____ and control over fate.

a. formality
b. individuality
c. hierarchy or status
d. spiritualism
e. idealism

ANSWER: b
REFERENCES: Worldview -- Cultural Outlook
KEYWORDS: Bloom's: Understand

36. The number of adults over 65 years of age in the U.S. is expected to double by what year?

a. 2080
b. 2050
c. 2016
d. 2020
e. 2100

ANSWER: b
REFERENCES: Worldview -- Biomedical Worldview
KEYWORDS: Bloom's: Understand

37. What type(s) of attributes are commonly associated with well-being?

a. behavioral characteristics
b. physical characteristics (i.e., skin, hair sheen, weight)
c. clinical features such as sore throat
d. routine laboratory measures
e. disharmony within the context of relationships

ANSWER: b
REFERENCES: What Is Health? -- Cultural Definitions of Health
KEYWORDS: Bloom's: Understand

38. What type of medicine uses pulses associated with internal organs, each with its own characteristics?

a. ayurvedic medicine
b. biomedicine
c. holistic medicine

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d. traditional Chinese medicine
e. magico-religious medicine

ANSWER: d
REFERENCES: What Is Health? -- Cultural Definitions of Health
KEYWORDS: Bloom's: Understand

39. In many non-U.S. cultures, being _____ is considered a protective factor that is indicative of health as well as an attribute of beauty.
a. thin
b. overweight
c. physically fit
d. wealthy
e. American

ANSWER: b
REFERENCES: What Is Health? -- Cultural Definitions of Health
KEYWORDS: Bloom's: Understand

40. The yin and yang system of dietary planning is dominant in what cultural group?
a. Asian
b. American
c. Hispanic
d. Swedish
e. African

ANSWER: a
REFERENCES: What Is Health? -- Health Maintenance
KEYWORDS: Bloom's: Understand

41. During 2007-2008, the National Center for Health Statistics in the United States reported that the average daily energy intake for women was _____ kcalories (kcal).
a. 2,504
b. 1,771
c. 1,896
d. 2,001

ANSWER: b
REFERENCES: What Is Health? -- Health Maintenance
KEYWORDS: Bloom's: Understand

42. What term is used for the entire disease-illness process?
a. sickness
b. disease
c. illness
d. deficiency
e. weakness

ANSWER: a
REFERENCES: Disease, Illness and Sickness -- Cultural Definitions of Disease, Illness and Sickness

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KEYWORDS: Bloom's: Understand

43. What are three health habits that nearly all cultures identify as health preserving?
    a. exercise, family, and spirituality
    b. alcohol consumption, preventative care, and dressing warmly
    c. rest, relaxation, and recreation
    d. a good diet, sufficient rest, and cleanliness
    e. a low-fat diet, rigorous exercise, and family time

ANSWER: d
REFERENCES: What Is Health? -- Health Maintenance
KEYWORDS: Bloom's: Understand

44. Which of the following would be an example of sickness due to the patient?
    a. heart disease from eating fatty foods
    b. getting struck by lightning
    c. sickness from a virus
    d. an influenza outbreak
    e. exposure to the evil eye

ANSWER: a
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Apply

45. The use of astrology for determining the health status of a person coincides with what belief about sickness?
    a. Sickness is due to the social world.
    b. Sickness is due to the patient.
    c. Sickness is due to the natural world.
    d. Sickness is due to the supernatural world.
    e. Sickness is due to spiritual fate.

ANSWER: c
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

46. Wind or bad air is of particular concern in many cultural groups because it can enter the body through _____, causing illness.
    a. the eyes
    b. pores in the body
    c. food-borne contagions
    d. an epidemic
    e. supernatural forces

ANSWER: b
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

47. An envious gaze that is believed by many to project harm on another person is called
    a. a stare.

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b. the evil eye.
c. a bewitching gaze.
d. a seizure.
e. the curse.

ANSWER: b
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

48. Invoking supernatural forces, or _____, is a frequent social cause of sickness.
a. astrology
b. conjury
c. disharmony
d. bad air
e. fate

ANSWER: b
REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness
KEYWORDS: Bloom's: Understand

49. What is the term for addressing the experience of illness, alleviating the infirmities of the sick, and responding to the personal, familial, and social issues surrounding sickness?
a. cure
b. holistic medicine
c. treatment
d. healing
e. seeking care

ANSWER: d
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Apply

50. Who is most likely to use complementary and alternative medicine in the U.S.?
a. middle to-upper class women
b. young men
c. the elderly
d. the poor who can’t afford health care
e. executives

ANSWER: a
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Understand

51. More than 80 percent of the world’s population uses _____ remedies to treat illness and optimize health.
a. traditional
b. Eastern
c. Western
d. magico-religious
e. herbal

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ANSWER: e
REFERENCES: Disease, Illness, and Sickness -- Botanical Remedies
KEYWORDS: Bloom's: Understand

52. Healers in the American South who specialize in communicating with spirits or saints through ceremonial invocation and may also use herbal preparations are called
a. witch doctors.
b. voodoo practitioners.
c. root doctors.
d. *curadernos*.
e. Shamans.
ANSWER: b
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Understand

53. What is the practice in which a spoon or coin is rubbed across the skin for healing or to relieve tension called?
a. acupuncture
b. coining
c. moxibustion
d. massage
e. cupping
ANSWER: b
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Understand

54. To relieve yin (too much cold), a small, burning bundle of herbs is used to restore balance of energy. What is this procedure called?
a. acupressure
b. coining
c. moxibustion
d. scratching
e. massage
ANSWER: c
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Understand

55. Sacred healers with exceptional powers among the Native American groups are called
a. medicine men.
b. *espiritos*.
c. *curanderas*.
d. faith healers.
e. voodoo practioners.
ANSWER: a
REFERENCES: Disease, Illness, and Sickness -- Healing Practices
KEYWORDS: Bloom's: Understand

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Matching

a. Majority American value
b. Other cultural groups
REFERENCES: Worldview -- Cultural Outlook
KEYWORDS: Bloom's: Understand

56. Time dominates
ANSWER: a

57. Indirectness/ritual/"face"
ANSWER: b

58. Materialism
ANSWER: a

59. Fate determines what happens
ANSWER: b

60. Informality
ANSWER: a

Essay

61. Briefly discuss why worldview is especially evident in serious, life-and-death health care decisions.
ANSWER: Southeast Asians may appear indifferent to a terminally ill family member and have little interest in prolonging life because of a faith in reincarnation. Some African Americans distrust white American health care recommendations regarding do-not-resuscitate orders in part because they contradict the critical role of faith in African American healing. An Orthodox Jewish patient may believe that physicians are mandated to preserve life and that any person who assists death through denial of sustaining care is a murderer; a non-Orthodox Jew may believe that no one should endure uncontrollable pain and thus dying should not be prolonged. Middle Easterners traditionally demand that everything be done to keep a person alive because death is in God's hands, and one must never give up hope. Mexican American family members might view death as part of God's plan for a relative; they might be against anything that would quicken death, or they may expect the practitioner to make the decision.
REFERENCES: Worldview -- Cultural Outlook
KEYWORDS: Bloom's: Understand

62. How might "cultural imposition" affect a new immigrant's interaction with the standard health care system in the United States?
ANSWER: There is a tendency for health care providers to enforce their beliefs, practices, and values upon clients, sometimes unknowingly because they are unaware of cultural differences, but more often because they believe their ideas are superior. This process is called "cultural imposition," and it impacts nearly all client care. If the new immigrant is from a culture that values unconventional, alternative, or folk medical care, the immigrant may be met with resistance unless his or her health care provider is open to and willing to operate in partnership with unconventional health care practitioners.
REFERENCES: Worldview -- Biomedical Worldview
Pluralistic Health Care Systems -- Biomedical Healing

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KEYWORDS: Bloom's: Understand

63. The biomedical model holds that there are three levels of possible causes of disease. List these levels and give an example of each.

ANSWER: In biomedical culture, three causes of disease are identified: (1) immediate causes, such as bacterial or viral infection, toxins, tumors, or physical injury; (2) underlying causes, including smoking, high cholesterol levels, glucose intolerance, or nutritional deficiencies; and (3) ultimate causes, such as hereditary predisposition, environmental stresses, obesity, or other factors.

REFERENCES: Disease, Illness, and Sickness -- Cultural Definitions of Disease, Illness, and Sickness

KEYWORDS: Bloom's: Understand

64. What are three examples of complementary, alternative, or unconventional healing therapies? What is done and what is the cultural explanation of why they are expected to work?

ANSWER: 1.) Homeopathy prescribes therapeutic substances, such as botanical medicine, diluted venom, or bacterial solutions, and biomedical drugs. Originating in Germany, homeopathy is based on the concept that symptoms in illness are evidence that the body is curing itself, and accelerating or exaggeration of the symptoms speeds healing. 2.) Several Asian healing therapies can be classified as the application of physical forces or devices. Massage therapy, acupressure, and pinching or scratching techniques are used to release the vital energy flow through the twelve meridians of the body identified in traditional Chinese medicine, primarily by relieving muscle tension so that oxygen and nutrients can be delivered to organs and wastes removed. 3.) Persons with a spiritual calling are often employed to treat illness. *Neng* among the Hmong, Mexican *curanderos* (or *curanderas*), practitioners of voodoo in the American South, and *espiritos* or *santeros* (or *santeras*) in the Caribbean may communicate with the spirits or saints to heal their patients. Ceremonial invocation is the primary therapy, although charms and spells to counteract witchcraft and botanical preparations to ease physical complaints are used as well.

REFERENCES: Disease, Illness, and Sickness -- Healing Practices

KEYWORDS: Bloom's: Understand

65. What are three modes of effective care in the transcultural nursing theory?

ANSWER: Transcultural nursing theory identifies three modes of effective care: (1) cultural care preservation and/or maintenance, (2) cultural care accommodation and/or negotiation, and (3) cultural care repatterning or restructuring.

REFERENCES: Pluralistic Health Care Systems -- Biomedical Healing

KEYWORDS: Bloom's: Understand

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