# *Nutrition Through the Life Cycle 7th edition Brown Test Bank*

SKU: 9781337919333-TEST-BANK

Name:_____ Class:_____ Date:_____

**Chapter 1 - Nutrition Basics**

1. Cholesterol is an essential nutrient that must be obtained through one's diet.
   a. True
   b. False

*ANSWER:* False

2. Lipids are soluble in water but are insoluble in fats.
   a. True
   b. False

*ANSWER:* False

3. Generally, our bodies absorb a greater percentage of minerals than vitamins from dietary sources.
   a. True
   b. False

*ANSWER:* False

4. Malnutrition can result from both inadequate and excessive levels of nutrient intake.
   a. True
   b. False

*ANSWER:* True

5. Secondary malnutrition can be caused by both gastrointestinal tract bleeding and alcoholism.
   a. True
   b. False

*ANSWER:* True

6. Individuals are 99.9 percent genetically identical, but the 0.1 percent difference in genetic codes makes everyone unique.
   a. True
   b. False

*ANSWER:* True

7. Water is a nonessential nutrient.
   a. True
   b. False

*ANSWER:* False

8. A product labeled "*trans* fat-free" could contain 0.4 g of *trans* fat.
   a. True
   b. False

*ANSWER:* True

9. A dietary supplement can legally claim to treat, cure, or prevent a disease.
   a. True
   b. False

*ANSWER:* False

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

**Chapter 1 - Nutrition Basics**

10. Galactosemia is a disorder that interferes with the body's utilization of the sugar galactose found in lactose.
    a. True
    b. False

*ANSWER:* True

11. A DASH eating plan is effective for reducing high blood pressure as well as the risk of some types of cancer, osteoporosis, and heart disease.
    a. True
    b. False

*ANSWER:* True

12. What are the six categories of essential nutrients?
    a. carbohydrates, alcohol, fats, proteins, vitamins, and minerals
    b. carbohydrates, fiber, fats, proteins, vitamins, and minerals
    c. carbohydrates, proteins, fats, minerals, water, and vitamins
    d. carbohydrates, proteins, fiber, water, alcohol, and lipids

*ANSWER:* c

13. Which of the following substances is an essential nutrient?
    a. fiber
    b. cholesterol
    c. linoleic acid
    d. vitamin D
    e. creatine

*ANSWER:* c

14. A calorie is _____.
    a. a measure of the amount of energy transferred from food to the body
    b. a measure of the amount of energy inside the body's fat cells
    c. a component of fats that is soluble in water
    d. a chemical substance that activates enzymes
    e. a measure of the extent to which blood glucose levels are raised by consumption of food

*ANSWER:* a

15. Which of the following is the primary function of ascorbic acid?
    a. It is required for the conversion of homocysteine to methionine.
    b. It participates in the regulation of gene expression.
    c. It is required for the transport and metabolism of fat and cholesterol.
    d. It acts as an antioxidant and is required for collagen synthesis.
    e. It is required for normal red blood cell formation.

*ANSWER:* d

16. The Estimated Average Requirement (EAR) refers to _____.

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

**Chapter 1 - Nutrition Basics**

a. an intake level estimated to meet the nutrient needs of 98% of healthy people
b. an intake value estimated to meet the nutrient needs of half the healthy individuals in a group
c. upper limits of a nutrient estimated to be compatible with health
d. standard levels of daily nutrient intake
e. an estimated level of nutrient intake for unhealthy people

*ANSWER:* b

17. Complex carbohydrates include _____.
a. glucose, glycogen, and most types of fiber
b. glucose, sucrose, and fructose
c. starches, glycogen, and most types of fiber
d. starches, glucose, and sucrose
e. starches, glycogen, and glucose

*ANSWER:* c

18. Which two monosaccharides are found in sucrose (table sugar)?
a. glucose and lactose
b. glucose and glucose
c. glucose and maltose
d. glucose and fructose
e. maltose and lactose

*ANSWER:* d

19. Blood sugar is also known as _____, while fruit sugar is also known as _____.
a. glucose; fructose
b. glucose; lactose
c. lactose; fructose
d. maltose; lactose
e. fructose; maltose

*ANSWER:* a

20. Human digestive enzymes are unable to break down _____.
a. sucrose
b. glycogen
c. alcohol sugars
d. maltose
e. fiber

*ANSWER:* e

21. Carbohydrates that have a high glycemic index _____.
a. help to build and maintain protein-based components in the body
b. reduce elevated levels of blood cholesterol and triglycerides
c. increase levels of HDL cholesterol

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

d. decrease the risk of developing type 2 diabetes
e. raise blood glucose levels higher than carbohydrates that have a low glycemic index

*ANSWER:* e

22. The only important animal source of carbohydrates is _____, which is found in _____.
a. lactose; meat
b. glucose; meat
c. maltose; milk
d. lactose; milk
e. sucrose; milk

*ANSWER:* d

23. Triglycerides are composed of _____.
a. two glycerol molecules attached to a fatty acid
b. two fatty acids attached to a glycerol molecule
c. three glycerol molecules attached to a fatty acid
d. three fatty acids attached to a glycerol molecule
e. three fatty acids attached to three glycerol molecules

*ANSWER:* d

24. Which substance provides the most energy per gram?
a. protein
b. fiber
c. fat
d. water
e. glucose

*ANSWER:* c

25. Which of the following statements is true of carbohydrates?
a. Glucose and galactose combine to form the disaccharide milk sugar.
b. Plants store complex carbohydrates in the form of proteins.
c. Amino acids required for protein synthesis are obtained through carbohydrates in food.
d. The most basic form of carbohydrates is polysaccharides.
e. Simple and complex carbohydrates provide nine calories per gram.

*ANSWER:* a

26. If one double bond is present in one or more of the fatty acids, the fat is considered _____.
a. monosaturated
b. polysaturated
c. polyunsaturated
d. saturated
e. monounsaturated

*ANSWER:* e

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

**Chapter 1 - Nutrition Basics**

27. LDL cholesterol is _____.
    a. lowered by intake of *trans* fatty acids
    b. associated with heart-disease risk when present in high levels
    c. associated with heart-disease risk when present in low levels
    d. raised by intake of unsaturated fatty acids
    e. unaffected by intake of saturated fatty acids

*ANSWER:* b

28. Which of the following statements is true of proteins?
    a. Proteins provide two calories per gram.
    b. Proteins obtained from food sources such as milk, cheese, and meat are considered low-quality proteins.
    c. All plant sources of protein provide all the nine essential amino acids required by the body.
    d. Proteins help build and maintain muscles, bones, enzymes, and red blood cells.
    e. Proteins are made up of various types of triglycerides.

*ANSWER:* d

29. Essential amino acids _____.
    a. are produced by the human body
    b. must be obtained through a person's diet
    c. must be synthesized from nonessential amino acids
    d. are abundant in lipids
    e. are also referred to as dispensable amino acids

*ANSWER:* b

30. There are _____ essential amino acids.
    a. 8
    b. 9
    c. 21
    d. 3
    e. 6

*ANSWER:* b

31. Complementing amino acids can be found in which plant-based food combination?
    a. grains and potato
    b. grains and dried beans
    c. seeds and milk
    d. soybeans and milk
    e. eggs and onions

*ANSWER:* b

32. Fat-soluble vitamins _____.
    a. are stored only for a few weeks by the body
    b. include vitamins A, D, E, and C
    c. can be consumed in very high amounts without causing harmful effects

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

d. can be stored in the body for months
e. are immediately metabolized by the body and never stored

*ANSWER:* d

33. Which vitamin acts as an antioxidant in the body?
a. vitamin C
b. thiamin
c. riboflavin
d. biotin
e. vitamin D

*ANSWER:* a

34. Which term refers to chemical substances present in plants, some of which can affect body processes in humans that may benefit health?
a. vitamins
b. coenzymes
c. phytochemicals
d. amino acids
e. minerals

*ANSWER:* c

35. After class, you go to Jamba Juice and get an "Orange-a-Peel" smoothie that contains the following nutrients: 9 g of protein, 102 g of carbohydrate, and 1 g of fat. How many total calories does this provide?
a. 299
b. 399
c. 448
d. 453
e. 546

*ANSWER:* d

36. After class, you go to Jamba Juice and get an "Orange-a-Peel" smoothie that contains the following nutrients: 9 g of protein, 102 g of carbohydrate, and 1 g of fat. Given that the Daily Value of total fat intake is 65 g, what is the % Daily Value of fat in the smoothie?
a. 0%
b. 1.5%
c. 10%
d. 15%
e. 19%

*ANSWER:* b

37. A 12-inch turkey sandwich contains 20 g of carbohydrate, 8 g of protein, and 5 g of fat. What is the approximate number of calories in one-half of the sandwich?
a. 78.5
b. 130

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

c. 150
d. 65.5

*ANSWER:* a

38. The standard levels of nutrient intakes listed in the Nutrition Facts panel on packaged foods are known as _____.
a. Daily Values
b. Adequate Intakes
c. Recommended Dietary Allowances
d. Recommended Intakes
e. Tentative Values

*ANSWER:* a

39. One example of an empty-calorie food is _____.
a. dried fruit
b. red kidney bean in chili
c. lean meat
d. a cheese twist
e. nonfat yogurt

*ANSWER:* d

40. A 22-year-old who is exhibiting fatigue, depression, and slow recovery from infections may be suffering from a(n) _____.
a. overdose of vitamin D
b. deficiency of biotin
c. deficiency of vitamin C
d. overdose of vitamin D
e. deficiency of choline

*ANSWER:* c

41. Which nutrient is considered nonessential?
a. vitamin C
b. iron
c. cholesterol
d. potassium
e. vitamin E

*ANSWER:* c

42. Which term refers to the science of measuring the human body and its various parts?
a. anencephaly
b. anatomy
c. atherosclerosis
d. anthropometry
e. amylophagia

*ANSWER:* d

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

**Chapter 1 - Nutrition Basics**

43. The balance of fluids, nutrients, gases, temperature, and other conditions needed to ensure proper functioning of cells is known as _____.

a. regulation
b. homeostasis
c. energy balance
d. cellular respiration
e. metabolism

*ANSWER:* b

44. Identify the disorder that is characterized by high levels of the amino acid phenylalanine present in the blood and can lead to intellectual disabilities and poor growth.

a. hemochromatosis
b. galactosemia
c. diabetes
d. hypertension
e. phenylketonuria

*ANSWER:* e

45. Which of the following vitamins should be consumed in low quantities by a person who suffers from hemochromatosis?

a. thiamin
b. vitamin A
c. vitamin D
d. vitamin C
e. biotin

*ANSWER:* d

46. A person who consumes excessive amounts of alcohol is at the risk of developing _____.

a. cirrhosis of the liver
b. iron-deficiency anemia
c. gum disease
d. osteoporosis
e. oxidative stress

*ANSWER:* a

47. Which among the following are water-soluble vitamins?

a. vitamins A, D, E, and K
b. vitamins A and C
c. vitamins B-complex and C
d. vitamins B-complex and K
e. vitamins A, B-complex, and E

*ANSWER:* c

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

**Chapter 1 - Nutrition Basics**

48. Which among the following are fat-soluble vitamins?
    a. vitamins A, D, E, and K
    b. vitamins A and C
    c. vitamins B-complex and C
    d. vitamins B-complex and K
    e. vitamins A, B-complex, and E

*ANSWER:* a

49. Which of the following statements is true of oxidative stress?
    a. It is a brain disease that represents the most common form of dementia and is characterized by memory loss.
    b. It is the first response of the body's immune system to infectious agents, toxins, or irritants.
    c. It is a condition that occurs when cells are exposed to more oxidizing molecules than to antioxidant molecules that neutralize them.
    d. It is a disorder that interferes with the body's utilization of the sugar galactose found in lactose.
    e. It is an event that occurs when a blood vessel in the brain ruptures or becomes blocked.

*ANSWER:* c

50. Which food item can be labeled as "enriched"?
    a. juice
    b. milk
    c. bread
    d. candy
    e. apples

*ANSWER:* c

51. By law, milk must be fortified with _____.
    a. vitamin D
    b. vitamin C
    c. calcium
    d. iodine
    e. folic acid

*ANSWER:* a

52. Fiberlike forms of indigestible carbohydrates that support the growth of beneficial bacteria in the lower intestine are called _____.
    a. minerals
    b. refined elements
    c. probiotics
    d. prebiotics
    e. antibiotics

*ANSWER:* d

53. Which of the following food sources contains probiotics?
    a. cottage cheese

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

**Chapter 1 - Nutrition Basics**

b. barley
c. rye
d. leek
e. garlic

*ANSWER:* a

54.

| **Nutrition Facts** | | |
|---|---|---|
| Serving Size 1/4 cup (40g) | | |
| **Amount Per Serving** | | |
| **Calories** 170 | | Calories from Fat 45 |
| | | **% Daily Value*** |
| **Total Fat** 5g | | **5**% |
| Saturated Fat 0.5g | | **3**% |
| *Trans* Fat 0g | | |
| **Cholesterol** 0mg | | **0**% |
| **Sodium** 10mg | | **0**% |
| **Potassium** 310mg | | **9**% |
| **Total Carbohydrate** 31g | | **10**% |
| Dietary Fiber 2g | | |
| Sugars 29g | | |
| **Protein** 1g | | **2**% |
| Vitamin A 0% | • | Iron 6% |
| Calcium 2% | • | |

What is the percent of calories obtained from fat?

a. 3%
b. 16%
c. 26%
d. 35%
e. 45%

*ANSWER:* c

55.

| **Nutrition Facts** | | |
|---|---|---|
| Serving Size 1/4 cup (40g) | | |
| **Amount Per Serving** | | |
| **Calories** 170 | | Calories from Fat 45 |
| | | **% Daily Value*** |
| **Total Fat** 5g | | **5**% |
| Saturated Fat 0.5g | | **3**% |
| *Trans* Fat 0g | | |
| **Cholesterol** 0mg | | **0**% |
| **Sodium** 10mg | | **0**% |
| **Potassium** 310mg | | **9**% |

*Copyright Cengage Learning. Powered by Cognero.*

**Chapter 1 - Nutrition Basics**

| | | |
|---|---|---|
| **Total Carbohydrate** 31g | | **10**% |
| Dietary Fiber 2g | | |
| Sugars 29g | | |
| **Protein** 1g | | **2**% |
| Vitamin A 0% | • | Iron 6% |
| Calcium 2% | • | |

Which mandatory nutrient is missing from the food label?

a. unsaturated fats
b. simple sugars
c. vitamin C
d. vitamin K
e. biotin

*ANSWER:* c

56. Refined grain flours must be fortified with _____.

a. vitamin C
b. iodine
c. dietary fiber
d. vitamin A
e. folic acid

*ANSWER:* e

57. Foods permitted for consumption according to Islamic dietary laws _____.

a. are called kosher foods
b. are called halal foods
c. include alcoholic beverages
d. do not include meats
e. include pork

*ANSWER:* b

58. Which of the following statements is true?

a. Prebiotics are strains of lactobacilli and bifidobacteria that have beneficial effects on the body.
b. Cottage cheese, kefir, buttermilk, and miso are sources of prebiotics.
c. Intake of probiotics causes diarrhea and other infections in the gastrointestinal tract.
d. The breakdown products of prebiotics foster the growth of beneficial bacteria.
e. Probiotics are fiberlike forms of indigestible carbohydrates.

*ANSWER:* d

59. Which of the following is caused by phylloquinone (vitamin K) deficiency?

a. abnormal bone growth
b. fishy body odor
c. excessive bleeding
d. impaired vision

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

e. infertility

*ANSWER:* c

60. Which term refers to the interactive method for collecting dietary information that utilizes repeated use of questions to improve the accuracy of information provided by interviewees about the food they ate the previous day?

a. diet narrative
b. anthropometrics
c. quantitative testing
d. multiple pass
e. 24-hour recall

*ANSWER:* d

61. The Healthy Eating Index _____.

a. assigns scores based on the extent to which diets meet recommended standards of intake
b. assesses a person's dietary intake based on 12 dietary components
c. is primarily used for monitoring an individual's dietary quality
d. bases its guidelines on Food and Drug Administration dietary restrictions
e. cannot be used for research purposes to assess population dietary quality

*ANSWER:* a

62. An example of an anthropometric measurement is the _____.

a. number of servings of fruit an individual eats in a day
b. amount of fat in a serving of ice cream
c. height of an individual
d. percentage of a population that meets dietary intake requirements
e. percent Daily Value of vitamin C in orange juice

*ANSWER:* c

63. A young child who tires easily and has a short attention span may have blood taken for analyses of hemoglobin and serum ferritin to assess _____ levels.

a. calcium
b. iron
c. vitamin B
d. sodium
e. fiber

*ANSWER:* b

64. Continuous assessment of nutritional status for the purpose of detecting changes in malnutrition and of food availability in order to initiate corrective measures is called _____.

a. the automated multiple-pass method
b. biochemical assessment
c. anthropometry
d. nutrition monitoring
e. nutrition surveillance

*Copyright Cengage Learning. Powered by Cognero.*



Nutrition Through the Life Cycle 7th edition Brown Test Bank

**Chapter 1 - Nutrition Basics**

*ANSWER:* e

65. Which statement about national food and nutrition programs is true?
a. The School Lunch Program is the United States' largest food assistance program.
b. Women with incomes above the poverty line are automatically ineligible for WIC.
c. None of the USDA food assistance programs have been shown to be cost effective.
d. WIC vouchers can be exchanged for peanut butter, fruits, and vegetables.
e. WIC provides food vouchers for low-income men and women.

*ANSWER:* d

66. A person whose diet includes regular intake of high-fat animal products and low intake of olive oil, vegetables, fruits, fish, wine, and whole grains is at higher risk to develop _____.
a. gum disease
b. osteoporosis
c. anemia
d. cirrhosis of the liver
e. Alzheimer's disease

*ANSWER:* e

67. The Dietary Guidelines for Americans must be updated every _____.
a. 6 months
b. year
c. 5 years
d. 10 years
e. 15 years

*ANSWER:* c

68. Healthy dietary patterns include the regular consumption of _____.
a. refined grain products
b. all types of nuts
c. processed meat
d. tropical oils
e. foods high in saturated fats

*ANSWER:* b

Matching
a. A unit of measure of the amount of energy supplied by food
b. A chemical substance that prevents or repairs damage to cells caused by oxidation
c. The chemical changes that take place in the body
d. The building blocks of proteins
e. Chemical substances that activate enzymes
f. The chemical substances present in plants that affect body processes and may benefit health
g. Blood pressure exerted inside blood vessels that typically exceeds 140/90 mmHg
h. A fatlike substance found in all animal cell membranes

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank

**Chapter 1 - Nutrition Basics**

i. The process of making oils solid by adding hydrogen to the double bonds of their unsaturated fatty acids
j. A condition caused by the rupture or blockage of a blood vessel in the brain

69. Hypertension
*ANSWER:* g

70. Phytochemicals
*ANSWER:* f

71. Calorie
*ANSWER:* a

72. Metabolism
*ANSWER:* c

73. Coenzyme
*ANSWER:* e

74. Hydrogenation
*ANSWER:* i

75. Stroke
*ANSWER:* j

76. Cholesterol
*ANSWER:* h

77. Antioxidant
*ANSWER:* b

78. Amino acids
*ANSWER:* d

79. Explain the connection between energy-dense and empty-calorie foods.
*ANSWER:* Many energy-dense foods are nutrient poor, or contain low levels of nutrients given their caloric value. These foods are sometimes referred to as empty-calorie foods and include products such as soft drinks, sherbet, hard candy, alcohol, and cheese twists. Excess intake of energy-dense and empty-calorie foods increases the likelihood that calorie needs will be met or exceeded before nutrients needs are met.

80. Describe the "ripple effect" relating to nutrient intake.
*ANSWER:* Dietary changes affect the level of intake of many nutrients. Switching from a high-fat to a low-fat diet, for instance, may result in a lower intake of calories and higher intake of dietary fiber and vitamins. Consequently, dietary changes introduced for the purpose of improving intake of a particular nutrient produce a "ripple effect" on the intake of other nutrients.

*Copyright Cengage Learning. Powered by Cognero.*


Nutrition Through the Life Cycle 7th edition Brown Test Bank