# *Nutrition Basics v3 1st edition Zimmerman Test Bank*

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# Chapter 1: Nutrition and You

## Section 1.0

### Multiple Choice Questions

1. Knowledge of nutritional science is constantly being furthered by:
   a. building on prior research
   b. building on prior rumors
   c. building on prior media articles
   d. building on future research
   e. All of the above are true.

   **a; easy**

### True/False

2. Scientific investigation is a powerful tool when used to design dietary guidelines.
   **True; easy**

3. Information backed by scientific evidence can optimize health and prevent disease.
   **True; easy**

## Section 1.1

### True/False

4. Being able to create healthy meals means you know which foods are nutritious and which are not.
   **True; easy**

5. Nutritional science includes the study of how nourishment affects personal, population, and planetary health.
   **True; easy**

6. Severe nutritional inadequacy can lead to disease and even death.
   **True; easy**

7. Design features of updated Nutrition Facts labels have created reduced attention to the calorie count.
   **False; easy**

8. Health is the absence of disease.
   **False; easy**

### Multiple Choice

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9. Health is defined as:
   a. a state of complete physical, mental, and social well-being without disease.
   b. a state of complete physical well-being without disease or disability.
   c. a state of complete physical, mental, and social well-being, and not merely the absence of disease.
   d. a state of complete mental well-being with physical disease.
   e. a state of complete social well-being with or without the presence of disease.

   **c; moderate**

10. Research has found that disease affects not only the body, but _____ as well.
   a. mental and religious well-being
   b. mental and cultural well-being
   c. social and religious well-being
   d. social and cultural well-being
   e. mental and social well-being

   **e; easy**

11. Dietitians are nutrition professionals who use their knowledge of nutritional science to help people:
   a. achieve a healthy diet and develop good dietary habits.
   b. achieve a healthy diet and develop good fitness habits.
   c. achieve a healthy diet and develop good hygiene habits.
   d. achieve a healthy diet and develop good social relationships.
   e. achieve a healthy diet and develop good cultural relationships.

   **a; moderate**

12. The first edition of *Nutrition and Your Health: Dietary Guidelines for Americans* was released in 1980. Why did it take so long to develop?
   a. Congress first funded the study of nutrition and human health in 1894.
   b. Not much was known about the various nutrients until the early twentieth century.
   c. Scientific inquiry is often slow as it builds on prior research.
   d. All of the above are true.
   e. None of the above are true.

   **d; hard**

13. Nutritional scientists and our government united to bring about which of the following?
   a. enrichment of flour and other foods
   b. the development of the school lunch program
   c. advancements in nutritional education
   d. All of the above are true.
   e. None of the above are true.

   **d; hard**

14. During the latter part of the twentieth century, several groups recognized that eating too much of specific foods led to chronic diseases. Which groups were these?
   a. nutritional scientists
   b. public health organizations
   c. the American public
   d. All of the above are true.
   e. None of the above are true.

   **d; moderate**

**Fill in the Blank**

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15. In 2011, a new multimedia tool was released by the federal government to help educate the American public on choosing _____ from the five food groups.
**healthier foods; moderate**

**Short Answer**

16. Explain the reaction of the human body to lack of nutrition.

The human body does not function as well as it could without proper nutrition. Poor nutrition can lead to deficiencies of all nutrients, which in turn lead to diseases, and even death.
**moderate**

**Essay**

17. Explain how disease affects all three aspects of health.

Disease affects the three aspects of the health triangle—physical, mental, and social—in a variety of ways. We most often think of the physical aspects of disease, such as pain, swelling, fever, fatigue, etc. and how they affect the body itself. These same symptoms can and do affect the mental and social aspects of the health triangle. For example, pain, fever, and fatigue can affect how one thinks. We don't think as clearly or make rational decisions when we are ill. The symptoms of disease can push us to tears when we are simply trying to get through a normal day. These symptoms also affect how we interact with others. We may not have the energy for conversation or the strength for activities. As a result, we may feel lonely or depressed, which can turn the triangle into a circle. The more ill we become, the less we are able to do things for ourselves, make decisions, and interact with others. Depending on the disease, it can be all-consuming, and result in death. Others may require the intervention of not only physicians, nutrition professionals, mental health specialists, but also other specialists in the medical field.
**hard**

**Section 1.2**

**True/False**

18. The body requires nutrients to perform basic functions and to keep itself functioning at its optimum level.
**True; easy**

19. The unit of energy from food is called a "kilocalorie" or "Calorie."
**True; easy**

**Multiple Choice**

20. Which of the following nutrients is insoluble in water?
a. carbohydrate
b. protein
c. fat
d. vitamins and minerals

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e. All of these are soluble in water.
**c; hard**

21. The following nutrient(s) provide energy EXCEPT?
a. carbohydrate
b. protein
c. fat
d. vitamins and minerals
e. All of these nutrients provide energy.
**d; moderate**

22. Which of the following nutrients is inorganic?
a. carbohydrate
b. protein
c. fat
d. vitamins
e. minerals
**e; hard**

23. Nutrients are classified into six groups. Which of the following indicates the correct groups?
a. water, carbohydrates, lipids, protein, vitamins, and minerals
b. water, breads, lipids, protein, vitamins, and minerals
c. water, carbohydrates, oils, protein, vitamins, and minerals
d. water, carbohydrates, lipids, protein, vitamin supplements, and minerals
e. water, carbohydrates, lipids, protein, vitamins, and mineral supplements
**a; easy**

24. The macronutrients are nutrients required in large quantities by the body. Which of the following are macronutrients?
a. proteins, water, lipids, vitamins
b. proteins, water, lipids, minerals
c. proteins, water, carbohydrates, vitamins
d. proteins, water, carbohydrates, lipids
e. proteins, water, carbohydrates, antioxidants
**d; easy**

25. Which food is an example of a nutrient-dense food?
a. soft drinks
b. candy bars
c. juice beverages
d. white bread
e. peanut butter
**e; easy**

26. Which of the following is *not* a function of water?
a. transportation of materials
b. facilitates chemical reactions
c. acts as an energy source
d. cushions organ

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e. None of the above are true.
**c; moderate**

27. Which vitamin is *not* fat soluble?
a. vitamin A
b. vitamin C
c. vitamin D
d. vitamin E
e. vitamin K
**b; easy**

**Fill in the blank**

28. Vitamins are classified into _____-soluble and _____-soluble.
**fat, water; easy**

29. Carbohydrates are divided into two forms based on chemical structure, which are _____ and _____.
**simple sugars, complex carbohydrates; easy**

30. Micronutrients are required by the body in smaller amounts than macronutrients. The two micronutrients are _____ and _____.
**vitamins, minerals; easy**

31. _____ are chains of organic monomeric subunits.
**Amino acids; moderate**

**Short Answer**

32. Explain how the body uses energy from macronutrients.

The energy from the chemical bonds of carbohydrates, lipids, and proteins is converted by the body into cellular energy, when those chemical bonds are broken. Cellular energy is then utilized for basic metabolic functions.
**hard**

33. Describe how micronutrients are involved in energy production in the human body.

Micronutrients do not provide energy for the body; however, they do assist in the process of energy production by acting as enzymes or coenzymes in the chemical reactions to produce energy.
**moderate**

34. Describe the differences between water-soluble and fat-soluble vitamins.

Water-soluble vitamins are soluble in water and are generally needed on a daily basis. They are not stored in the body to any extent. These are the B vitamins and vitamin C. The fat-soluble vitamins are soluble in fat and are stored in the body in adipose tissue and are not needed on a daily basis. These are vitamins A, D, E, and K. We can become deficient in both types of vitamins, which leads to disease, and sometimes death.
**moderate**

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35. Explain the term "nutrient-density."

Nutrient-density refers to the amount of nutrient compared to the energy yielded by a particular food and is a measure of quality. Some foods, such as lean meats, whole grains, fruits and vegetables, have high levels of nutrients in relation to the energy one obtains from them, while others have very little or even no nutrients in relation to their energy levels. For example, candy, processed foods, fast foods, and soft drinks often contain very little nutritional value for the high caloric content they contain.
**hard**

**Section 1.3**

**Multiple Choice Questions**

36. What is the scientific method?
a. a method of observation
b. a hypothesis
c. a method of interpreting results
d. an organized process of inquiry
e. None of the above are true.
**d; moderate**

37. What are the steps, in order, of the scientific method?
a. observation, hypothesis, testing, interpret results, evidence, conclusion
b. hypothesis, observation, testing, interpret results, evidence, conclusion
c. evidence, observation, hypothesis, testing, interpret results, conclusion
d. conclusion, evidence, testing, observation, hypothesis, interpret results
e. testing, interpret results, evidence, conclusion, observation, hypothesis
**a; moderate**

38. Why is it necessary for experts in different fields of study to agree on recommended dietary changes?
a. because nutritional science overlaps many fields of study
b. to improve health
c. to prevent disease
d. to ensure the safety of the recommended changes
e. All of the above are true.
**e; moderate**

39. By using an overall evidence-based system for designing dietary guidelines, we create guidelines based on:
a. inaccurate information
b. unreliable data
c. facts
d. rumors
e. unfounded ideas
**c; easy**

40. What are the criteria for a high-quality clinical interventional trial study?
a. Includes a control group that does not receive the intervention.

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b. Subjects are randomized into groups.
c. Studies contain many participants.
d. All of the above are true.
e. None of the above are true.
**d; moderate**

41. What are the limits of high-quality clinical interventional trial studies?
a. They are expensive.
b. Some interventions are unethical.
c. It is hard to get participants to stick to the intervention for long periods of time.
d. All of the above are true.
e. None of the above are true.
**d; moderate**

42. A disadvantage of animal and cell studies is:
a. They cost less than human studies.
b. Researchers have more control over environments.
c. The results may not transfer to humans.
d. They provide a way to study molecular relationships.
e. They help determine the exact mechanism which causes a change in health.
**c; moderate**

**Short Answer Questions**

43. Explain what an evidence-based approach to nutrition includes.

Evidence-based nutrition includes defining a problem. The next step is formulating the problem into a question: for example, are rates of certain types of cancer higher in people who eat shellfish? Next comes the setting of criteria for quality evidence. The next steps are: evaluating the body of evidence, summarizing this evidence, making decisions as to its validity, and determining the strength of the supporting evidence. The final step is sharing the findings with the nutritional community and the media.
**hard**

44. Describe the types of studies used to provide evidence for a hypothesis.

Epidemiological studies are based on observation and define frequency, distribution, and patterns of health events in a population. These are often long-term studies that describe patterns of health over time, such as the Framingham Heart Study. Randomized clinical trials divide the study into groups and change one variable for one group. Causal relationships are shown by these types of studies. An example would be the DASH diet study. Randomized clinical trial studies compare treatments. Other studies include laboratory studies on cells and animals. These studies provide complimentary evidence, so it is helpful to use all of these types of studies in researching nutritional problems.
**hard**

45. Explain why one study is not enough to create a guideline or a cure for a disease.

One study does not cover enough. It may not include enough subjects; it may discover another factor that should be looked at before a conclusion is made. The original hypothesis may need to be modified or a change made in the evidence. It may be a perfect study, but one study can't stand alone. It has to be replicated by others. Science builds on past evidence. More studies provide more evidence

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and the more evidence, the more accurate the results. Even then, new evidence may appear that contradicts accepted evidence and more research will be needed. It is a slow but effective process.
**hard**

46. Describe nutritional genetics.

Nutritional genetics or nutrigenomics tries to decide which nutrients turn on healthy genes and turn off the unhealthy ones. There are already identified markers for some diseases, but there are not many markers for good health. At some point in the future, nutritional genetics will determine one's optimal diet.
**hard**

47. Explain how the scientific method works to improve health and prevent disease.

The scientific method uses an evidence-based approach that develops facts. Using these facts, we can develop dietary guidelines in confidence that what we are recommending is indeed true. These recommendations generally indicate ranges of acceptable consumption of different nutrients that optimize health and work to prevent disease.
**hard**

**Section 1.4**

**Multiple Choice Questions**

48. Socioeconomic status includes:
    a. income
    b. occupation
    c. education
    d. All of the above are true.
    e. None of the above are true.
    **d; easy**

49. Health is affected by which other factor(s) in addition to nutrition?
    a. genetics
    b. the environment
    c. lifestyle
    d. All of the above are true.
    e. None of the above are true.
    **d; moderate**

50. Which of the factors affecting health are almost impossible to change?
    a. genetics and the environment
    b. genetics and lifestyle
    c. genetics and nutrition
    d. the environment and lifestyle
    e. the environment and nutrition
    **a; easy**

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51. Nutrients cannot change DNA, but they can change the genes that are expressed. This means that your health is determined by what you eat and:
    a. what your father ate
    b. what your grandparents ate
    c. what your mother ate
    d. All of the above are true.
    e. None of the above are true.
    **d; hard**

52. Our stage in life influences our health and nutritional requirements. Which of the following statements is/are true?
    a. Teenagers need more calcium for bone-building.
    b. Elderly women lose bone tissue.
    c. Pregnancy requires many nutritional adjustments.
    d. Infants and toddlers need nutrient-dense foods to grow.
    e. All of the above are true.
    **e; easy**

53. Lifestyle habits include:
    a. physical activity, recreational drug use, and sleep habits
    b. social interaction, relationships with family and friends, and religious beliefs
    c. mental well-being, and having hobbies, interests, and a purpose in life
    d. good health, good nutrition, and good dental health
    e. poor health, poor nutrition, and poor dental health
    **a; moderate**

54. There is strong evidence showing physical activity decreases the risk of:
    a. heart disease, stroke, type 2 diabetes, and hypertension
    b. heart disease, cancer, stroke, and hypertension
    c. hypertension, type 2 diabetes, stroke, and dental health
    d. hypertension, stroke, type 2 diabetes, and peptic ulcers
    e. dental health, peptic ulcers, cancer, and mental disease
    **a; moderate**

55. According to Health People 2030, which of the items listed below is *not* a social determinant of health?
    a. Economic Stability
    b. Social and Community Context
    c. Healthcare Access and Quality
    d. Genetic Predisposition
    e. Education Access and Quality
    **d; moderate**

**Short Answer Questions**

56. Describe "genome."

    Everyone has similar but unique DNA sequences which give us our individual characteristics. These sequences are known as our genome, also known as our genetic makeup. These individual characteristics can determine whether we will be fat or thin, tall or short, even if we will have an

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increased risk of certain diseases. The entire human DNA sequence of humans has been mapped. Only identical twins and cloned animals have the exact same DNA.
**hard**

57. Explain how a person's socio-economic status affects nutrition.

Socio-economic status is made up of income, occupation, and education. This influences what foods you can afford and the food choices you make. Those with higher socio-economic status typically have better health and nutrition. Those with lower socio-economic status have more disease and lower life spans.
**hard**

58. Briefly explain how a person's stage of life influences his or her health and nutritional requirements.

Different things happen at different times in our lives. When we are infants, we are growing very quickly and our nutritional requirements reflect the tremendous amount of growth going on. When we are teenagers, our bones are growing faster, so we require more calcium than at any other time of our life cycle. As we age, our bone and muscle tissue decrease, so we need additional muscle and bone building activities as well as calcium and other building nutrients. Healthy diets for our particular stages in life help to ensure our health.
**moderate**

59. Scientists say the majority of our expressed genetic traits are a product of our environment and our genes. Explain.

This means that our genes and our environment are inter-related. For example, skin color is an environmental adaptation. The food we eat is also directly related to what is available in our environment. If we live near the coast and eat plenty of seafood, we probably won't have thyroid problems. If we live where corn is a major crop, then corn will be a big part of our diet and we may be lacking in protein. We know what we eat can affect our health. If we live in a food desert, we may have increased risk for heart disease, type 2 diabetes, and obesity. We adapt, over time, to our environment through our genes, just as plants and animals adapt.
**hard**

60. Briefly explain how nutrition, genetics, environment, and lifestyle impact health.

We can't change our genetics, and it is extremely difficult to change one's environment, short of moving. We can affect our nutritional status and our lifestyle habits. Making healthy choices in terms of food, not smoking, limiting alcohol, and/or other recreational drugs, and getting plenty of sleep can make a big difference in our health. It can be easier to see the effects of one's poor choices in these areas; however, an individual might be able to sense the changes in their own body after making healthy choices over a period of time.
**hard**

61. Briefly explain the psychological, cultural, and religious significance of food.

Personal food choices affect one's mind, body, and soul. We talk about "comfort food" and those are the foods we associate with family and times that made us feel good. Mashed potatoes and gravy are often a comfort food for Americans, but those comfort foods are different for different cultures. What our culture eats determines how we eat, and when we eat. Our major meal of the day is determined by our culture. The special events in our culture mean special foods. We expect specific foods at certain

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holidays. Our religious affiliation also impacts the foods we choose to eat. It may determine which foods are acceptable and which are not. These are factors we learned since childhood and we often take them for granted. We even take our food with us when we move to new places.
**hard**

62. Describe three of the factors that affect food choices people make.

Taste, texture, and appearance – some tastes and textures of foods are distasteful to some people, as well as the appearance of some foods, for whatever reason. Economics – this affects what food we can afford to buy. Meat or fruits and vegetables may be out of reach. Early food experiences – if we were exposed to a variety of foods as children, we might choose a larger number of foods as adults. The reverse may be true as well, less exposure as children may mean limited food choices as adults. Habits - like what we eat for breakfast. Habits can be deeply engrained and hard to change. Culture – affects how we see food, particularly for special occasions. Geography – where one lives can limit food choices, or it can expose one to all sorts of foods. Advertising – the media influences, particularly children, to eat certain foods. Social factors – what we see others eat influences what we eat, especially the younger we are. Children and teens in particular want to eat what their friends are eating. Health concerns – if we have health risks that may motivate us to make healthier choices than we would otherwise. Emotions – how we're feeling can affect our food choices. If we're feeling stressed, we may overeat, or not eat at all. Green food or sustainability – we may make choices depending on how we feel about the earth we live on and how we wish to interact with nature.
**moderate**

63. Define life cycle.

The different stages of life one goes through from birth, early childhood, late childhood, puberty, adolescence, young adult, pregnancy, mature adults, middle age, elderly to death. These stages all require different nutritional requirements in order for us to maintain health.
**moderate**

**True/False**

64. Life cycle includes the stages of life from birth through death.
**True; easy**

65. Scientists can change your DNA.
**False; easy**

66. Identical twins have identical DNA, which means they have the same genotype. Their identical DNA may be expressed differently, which means they have different phenotypes.
**True; moderate**

67. Epigenetics is the field of research that studies how to turn genes on and off.
**True; moderate**

68. A person's genes can make them more susceptible to disease or even cause a disease.
**True; easy**

69. Sleep can affect one's health as much as diet or exercise.
**True; easy**

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70. Food stimulates emotional responses in people.
**True; easy**

71. The Dietary Guidelines for Americans defines drinking in moderation as consuming no more than two drinks per day for both men and women.
**False; easy**

**Fill in the blank**

72. Additional factors that affect health disparity are race, ethnic group, sex, sexual identity, age, disability, and _____.
**geographic location; moderate**

**Section 1.5**

**Multiple Choice Questions**

73. A man who is 6 feet tall (1.83 m) and weighs 200 lbs (91 Kg) has a BMI of:
a. 25
b. 27
c. 30
d. 32
e. 35
**b; hard**

74. A good general health assessment includes:
f. height and weight, blood pressure, liver and kidney function
g. hearing, vision, and oral health
h. BMI and fitness
i. All of the above are true.
j. None of the above are true.
**d; moderate**

75. Body mass index refers to:
a. an individual's height divided by the square of their body weight
b. an individual's body weight divided by their height
c. an individual's height divided by their body weight
d. an individual's weight divided by their height minus their shoes
e. an individual's body weight divided by the square of their height
**e; moderate**

76. Family medical history is important because it provides insight into:
a. environmental risk factors
b. genetic risk factors
c. physical activity and fitness
d. body mass index
e. All of the above are true.
**b; moderate**

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77. All of these are limitations of body mass index *except*:
    a. muscle mass
    b. ethnicity
    c. sex
    d. All of the above are limitations.
    e. None of the above are limitations.
    **d; moderate**

**Short Answer Questions**

78. Describe the reasons to get proper amounts of sleep.

    Sleep promotes brain function, decreases weight gain, decreases appetite, decreases risk of injury, improves mood, increases cardiovascular health, and improves immune system function.
    **hard**

79. Why is it important to assess our personal health?

    We need to know what our "normal" is and how to tell when something is wrong. By assessing where we are in terms of personal health, we can make decisions as to whether we need to make changes in our weight, activity level, or if we need glasses. While we can't change our DNA, we can do things to make ourselves healthier, by eating healthy food, getting enough sleep, and exercising.
    **moderate**

80. Why is a family medical history important?

    Knowing what diseases run in one's family can assist a person in being proactive about their health. For example, if someone knows that type 2 diabetes affects several family members, they might want to maintain a healthy body weight, consume a nutritious diet, and be active at least five days a week. Some hereditary diseases might show up that could influence a person's decision to have children; for example, Tay Sachs disease.
    **hard**

81. How can we assess our diet?

    We can assess our diet by learning to read nutritional fact labels, tracking our food and beverage intake, and using some of the diet apps found on the web that will translate those foods and beverages into calories and separate nutrients. We can also determine how we feel. Do we get sick a lot? Do we rarely get sick? Do we feel good, are our moods generally upbeat? There are many questions we can ask ourselves about how we feel, and if we feel the need for change, we can use the information we've gathered about our diet to make those changes.
    **hard**

82. Explain how to set a goal to improve a nutritional practice.

    Amy consumes seven cans of soda per day. Amy has learned that too much soda isn't healthy for her body, particularly her bones. In the past, Amy has had severe withdrawal symptoms when she's tried to stop drinking soda. Amy has set as her goal to reduce her soda consumption and increase her water intake. First, to reduce by one can of soda per day and replace the soda with eight ounces of water, and then reduce an additional can each week following and adding another serving of water for each

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soda reduced. Ultimately, Amy will improve her blood sugar levels and reduce her risk of type 2 diabetes. She will also probably lose some weight.
**hard**

83. Explain how to formulate a long-term personal health and nutrition plan.

We can decide what our personal health and nutrition goals are. For example, we may wish to eliminate processed foods from our diet. We realize that may be a big change to make all at once, so by taking small steps, we will be able to reach our goal. Our small steps may be to switch from buying frozen waffles to making our own on the weekends and freezing them for during the week.
**moderate**

**Section 1.6**

**Multiple Choice Questions**

84. A sustainable food system includes:
    a. consumers, producers, processors, distributors, and regulators
    b. consumers, producers, distributors, and regulators
    c. producers, processors, distributors, and regulators
    d. processors and distributors
    e. consumers and regulators
    **a; moderate**

**Short Answer Questions**

85. Describe the interconnectedness of human nutrition and the health of the world's ecosystem.

This means that what we eat and where it comes from are connected. If the soil from which our food comes is low in nutrients, we won't get the amount of nutrients we need. If the oceans have few fish, we won't be able to obtain fish. If the world's ecosystem can't support food production, we won't eat, for example, in the case of famine and drought. If the health of the world is poor, so will be our health.
**hard**

86. Define sustainability.

Sustainability promotes the harmonious interaction of people and nature. By developing sustainable practices that encourage and promote the health of the earth, we ensure our own survival. A sustainable food system provides healthy foods now and in the future with minimal negative impact on the natural environment.
**easy**

87. Compare and contrast food security and food insecurity.

Food security is defined as all people having enough food at all times to lead a healthy, active life. Food insecurity, a lack of enough food to lead a healthy, active life, affects over 17 million people in the US. These people do not have the funds to purchase food for themselves and their families and do not when or where their next meal will come from.
**hard**

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88. Describe what is meant by "food deserts."

Food deserts are locations that do not provide access to affordable, nutritious food. Detroit is an excellent example because the lower socioeconomic status of the population does not attract grocery stores in their community. Convenience stores are the most accessible places for food, which translates into highly processed, high calorie foods lacking in nutrients. The people in food deserts often have high rates of obesity, type 2 diabetes, and cardiovascular disease due to the high fat, high salt, and high sugar foods available to them.
**hard**

89. More food is being produced in the US than ever before. However, why is this not necessarily a good thing?

More food is being produced; however, this food is being produced with increased use of herbicides and pesticides, genetically modified plants, and fewer types of crops are being produced due to the use of subsidies, particularly those aimed at soybeans and corn. This means that there is less variety of crops, decreased biodiversity of crops, and squeezes out small farmers, while encouraging big agribusiness, which require a lot of energy in the form of fossil fuels in production, processing, and distribution. This also requires the use of more chemicals to preserve the food until it gets to the consumer. Ultimately, the food is less nutritious, which leads to more health issues.
**hard**

90. List five steps you can do to help build a sustainable food system.

Eat a low-carbon diet, which means the foods you choose require less energy and fuel to produce, process, and distribute.
Frequent a community-based farmers' market.
Have a garden at home.
Compost food and garden waste.
Buy local food.
Join family and friends to buy locally in bulk.
Drink tap water instead of bottled water.
Choose foods with the least packaging.
Support state initiatives to support local farmers.
**moderate**

**True/False**

91. Nutrition includes how we obtain food from our environment.
**True; moderate**

92. Ecosystems are defined as biological and physical environments along with the organisms that live there.
**True; moderate**

93. Our current food system has taken away our connectedness with where our food comes from.
**True; easy**

94. Food security is the most prominent challenge to building a sustainable food system.
**True; moderate**

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