Nutrition Basics An Active Approach 2nd edition Zimmerman Test Bank

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Chapter 2
Achieving a Healthy Diet

Section 1

Multiple Choice Questions

1. Which of the following is an example of malnutrition:
   a. undernutrition
   b. overnutrition
   c. obesity
   d. all of the above
   e. none of the above

Answer d; easy

2. Good nutrition means:
   a. Getting enough macronutrients and micronutrients to keep the body healthy and functioning properly.
   b. Getting enough macronutrients and micronutrients to keep the body healthy and functioning poorly.
   c. Getting enough macronutrients and micronutrients to keep the body in a disease state and functioning poorly.
   d. Getting enough macronutrients and micronutrients to keep the body in a disease state and functioning properly.
   e. Getting enough fast food to keep the body healthy and functioning properly.

a; easy

3. The nutrients involved in healing include:
   a. Vitamins A and C.
   b. Protein and fats.
   c. Carbohydrates.
   d. All of the above
   e. None of the above

d; easy

4. The phrase "You are what you eat" means what?
   a. The food you consume affects your health and well-being.
   b. Your health affects what you eat.
   c. Your well-being affects what you eat.
   d. It doesn't matter what you eat.
   e. Everything you eat turns to fat.

a; easy

Short Answer Questions

5. Briefly explain malnutrition.

Malnutrition often causes us to think of starving children in third world countries. However, that isn't the whole story. Malnutrition means a person is not getting the proper nutrients in the proper amounts

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to maintain health. Malnutrition affects the elderly, those in poverty, and those with certain diseases. Some diseases prevent the absorption of nutrients, which causes malnutrition. The elderly may have dental issues that make eating difficult, or they may not wish to eat alone. Those in poverty simply can't afford to purchase adequate food.
moderate

6. Compare and contrast under-nutrition and over-nutrition.

Undernutrition is a lack of nutrients and energy. Those suffering from under-nutrition tend to be very thin, often cold, and while some nutrient deficiencies show up immediately, others show up later in life as is the case with calcium, vitamin D, and osteoporosis. Over-nutrition is excessive nutrient and energy intake. It can lead to obesity as well as toxic levels of nutrients. Over-nutrition is often associated with over-consumption of salt, sugar, and fats, and a lack of other nutrients. Both cause malnutrition.
hard

7. Explain why nutrition is important to health.

Different nutrients are required for tissue formation, hormone and enzyme production, building muscles, and a healthy immune system. Others provide energy for the body and building materials for cells. Insulation for internal organs and maintaining body temperature are also provided by nutrients.
moderate

True/False

8. Without proper nutrition, the body cannot heal itself.
True; easy

9. Nutrition promotes vitality and a sense of well-being.
True; easy

10. A person who is obese can be undernourished.
True; easy

Section 2

Multiple Choice Questions

11. What term is defined by "foods that contain many nutrients per calorie"?
    a. high calorie food
    b. low calorie food
    c. nutrient-dense food
    d. nutrient-rich food
Answer c; easy

12. What are the factors that make up a healthy diet?
    a. Adequate, balance, calorie control, moderation, and variety
    b. Adequate, balance, control, and moderation
    c. Variety, calorie control, balance, and moderation
    d. Balance, calorie control, moderation, and adequate
    e. Calorie control, variety, moderation, and adequate

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a; easy

13. Examples of nutrient-dense foods include:
    a. Steamed or roasted vegetables.
    b. Low-fat cheeses.
    c. Plain yogurts.
    d. All of the above
    e. None of the above

d; moderate

14. Examples of empty calorie foods include:
    a. Sweetened cereals.
    b. Fried vegetables.
    c. Soft drinks.
    d. All of the above
    e. None of the above

d; easy

15. A variety of foods is:
    a. Healthy.
    b. Monotonous.
    c. Boring.
    d. Tasteless.
    e. Unpleasant.

a; easy

Short Answer Questions

16. Compare and contrast whole foods with commercially prepared foods.

Whole foods contain vitamins, minerals, protein, carbohydrates, fats, and fibers that are necessary for good health. Commercially prepared foods tend to be low in vitamins and minerals, and contain large amounts of sugar, salt, and saturated fats. Whole foods have been keeping people alive for centuries. Commercially prepared foods are associated with an increase in disease.

moderate

17. Explain how nutrient-dense foods contribute to health.

Nutrient-dense foods contribute to daily nutritional requirements while limiting caloric intake, allowing people to lose weight or maintain a healthy weight.

hard

True/False

18. For weight loss, it is best to eat foods that are more nutrient-dense.

Answer True

19. A balanced diet is a variety of foods from the different food groups that supply adequate vitamins, minerals, and other nutrients in moderate amounts that result in calorie control.

True; easy

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20. All the factors of a healthy diet must be present to get maximum results.
True; easy

21. You won't know if you like new foods until you try them.
True; easy

Section 3

Multiple Choice Questions

22. SoFAS stands for:
a. Solid fats and added sugars
b. Sodium and added sugars
c. Salt and added sugars
d. Solid grains and added sugars
e. Solid carbohydrates and limited sugars
a; hard

23. Which macronutrients contribute considerably to total caloric intake?
a. Protein, carbohydrates, and vitamins
b. Protein, carbohydrates, and fats
c. Protein, carbohydrates, and minerals
d. Protein, carbohydrates, and water
e. Phosphates, carbohydrates, and fats
b; easy

24. The goals of *2015Dietary Guidelines for Americans* include which of the following?
a. Promote healthy eating patterns for a lifetime, increase variety of nutrient-dense foods in appropriate quantities, reduce intake of SoFAS, include healthier food and drink choices, utilize people from different settings to reinforce healthy eating patterns.
b. Prevent healthy eating patterns for a lifetime, decrease variety of nutrient-dense foods in appropriate quantities, reduce intake of SoFAS, include healthier food and drink choices, utilize people from different settings to reinforce healthy eating patterns.
c. Promote healthy eating patterns for a lifetime, increase variety of nutrient-dense foods in appropriate quantities, increase intake of SoFAS, include healthier food and drink choices, utilize people from different settings to reinforce healthy eating patterns.
d. Promote healthy eating patterns for a lifetime, decrease variety of nutrient-dense foods in appropriate quantities, increase intake of SoFAS, include healthier food and drink choices, utilize people from different settings to reinforce healthy eating patterns.
e. Prevent healthy eating patterns for a lifetime, increase variety of nutrient-

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dense foods in appropriate quantities, reduce intake of SoFAS, include healthier food and drink choices, utilize people from different settings to reinforce healthy eating patterns.

a; easy

25. Which of the following indicates a healthy eating pattern?
    a. Increase sodium intake and decrease fruits and vegetables.
    b. Increase sodium intake and increase fruits and vegetables.
    c. Reduce sodium intake and increase fruits and vegetables.
    d. Reduce sodium intake and decrease fruits and vegetables.
    e. Reduce sodium intake, decrease fruits, and increase vegetables.

c; moderate

Short Answer Questions

26. Discuss the major themes of the *2015 Dietary Guidelines for Americans*.

The major themes of *2015 Dietary Guidelines for Americans* include at each stage of life, following healthy eating patterns. consuming a variety of more nutrient-dense foods in appropriate quantities, reducing intake of added sugars, saturated fats and sodium, altering eating patterns to include healthier food and drink choices, and utilizing people from different settings to reinforce healthy eating patterns for all Americans.

hard

27. Explain how to achieve the goal of reducing caloric intake.

Increase intake of whole grains, fruits, and vegetables. Reduce intake of sugar-sweetened beverages. Monitor intake of fruit juice for children and adolescents, and alcoholic beverages for adults.

moderate

28. Explain why nutritional guidelines are needed.

Nationwide standard policies provide consistency across various organizations, educators, and researchers.

moderate

True/False

29. Healthy eating patterns prevent chronic disease.

True; easy

30. Nutrient inadequacy comes from healthy eating habits.

False; easy

Section 4

Multiple Choice Questions

31. What is Healthy People 2020?

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a. It is a health initiative to help Americans decrease their health and well-being.
b. It is a health initiative to help Americans lose weight.
c. It is a health initiative to help Americans improve their health and well-being.
d. It is a health initiative to help Americans increase their risk of disease.
e. It is a health initiative to help Americans decrease their mental and social well-being.

c; easy

32. The objective of Healthy People 2020 is to:
a. Discourage Americans from eating healthy diets and maintaining healthy body weights.
b. Encourage Americans to eat unhealthy diets and maintain unhealthy body weights.
c. Encourage Americans to eat unhealthy diets and maintain healthy body weights.
d. Encourage Americans to eat healthy diets and decrease healthy body weights.
e. Encourage Americans to eat healthy diets and maintain healthy body weights.

e; easy

33. Diet patterns are influenced by which of the following?
a. Genetics, environment, and religion
b. Genetics, the planet, and cultural values
c. Genetics, the universe, and cultural values
d. Genetics, environment, and cultural values
e. Genetics, environment, and one's neighborhood

d; easy

34. The goals of Healthy People 2020 include:
a. Increasing caloric intake and decreasing physical activity.
b. Decreasing caloric intake and increasing physical activity.
c. Increasing caloric intake and increasing physical activity.
d. Decreasing caloric intake and decreasing physical activity.
e. Maintaining caloric intake and maintaining physical activity.

b; easy

Short Answer Questions

35. Explain the "Determinants of Health Approach."

Answer: These are the conditions reflective of the circumstances in which people are born, live, work, and age. It assesses the conditions that shape circumstances such as money, power, and resources at the local, national and global levels.

36. Discuss the benefits of physical activity.

Physical activity can improve health and fitness and quality of life. Physical activity is important in preventing chronic disease, improving bone health, and decreasing body fat. Physical activity can also promote healthy eating habits.

moderate

37. Explain the key recommendations from Healthy People 2020.

The key recommendations include consuming a variety of nutrient-dense foods; limiting the intake of saturated fats, added sugars, sodium, and alcohol; and limiting caloric intake to meet caloric needs.

moderate

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38. Explain Healthy People 2020's encouragement of policies and environments that support healthy behaviors.

Americans are among the most overweight people on the planet. Healthy habits are learned and the more exposure to healthy behaviors, the more likely people will follow the examples set and take advantage of community-based programs that encourage physical activity and teach healthy eating habits.
hard

39. Explain why it is necessary to limit caloric intake to meet caloric needs.

By limiting caloric intake to meet our caloric needs, we can lose/gain and/or maintain a healthy body weight. Typical Americans consume many more calories than their sedentary lives require, which leads to weight gain and health issues. By consuming only as much food as we need, we can help eliminate that problem.
moderate

True/False

40. Some of the preventable health problems people develop are initiated during adolescence.
True; moderate

Section 5

Multiple Choice Questions

41. What are the benefits to using MyPlate?
    a. To promote good health and increase risk of disease.
    b. To promote poor health and reduce risk of disease.
    c. To promote good health and reduce risk of disease.
    d. To promote poor health and increase risk of disease.
    e. To promote weight gain and reduce risk of disease.
c; easy

42. What are discretionary calories?
    a. The remaining calories before you have reached your daily requirements of nutrients but after you have reached your daily caloric limit.
    b. The remaining calories after you have reached your daily requirements of nutrients but before you have reached your daily caloric limit.
    c. The remaining calories before you have reached your daily requirements of nutrients and before you have reached your daily caloric limit.
    d. The remaining calories after you have reached your daily requirements of nutrients and after you have reached your daily caloric limit.
    e. The remaining nutrients after you have reached your daily requirements of calories but before you have reached your daily nutrient limit.
c; hard

43. A diet rich in fresh fruits and vegetables will help you do what?
    a. Lose and/or maintain weight, lower your risk of disease, and boost your health profile.

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b. Gain and/or maintain weight, increase your risk of disease, and boost your health profile.
c. Gain and/or maintain weight, lower your risk of disease, and decrease your health profile.
d. Lose and/or maintain weight, increase your risk of disease, and decrease your health profile.
e. Gain and/or maintain weight, increase your risk of disease, and decrease your health profile.
a; hard

44. A healthy diet can reduce the risk of which diseases?
a. Stroke, lung cancer, hypertension, and type 2 diabetes
b. Stroke, heart disease, hypertension, and type 1 diabetes
c. Stroke, heart disease, bone cancer, and type 2 diabetes
d. Lupus, heart disease, hypertension, and type 2 diabetes
e. Stroke, heart disease, hypertension, and type 2 diabetes
e; moderate

Short Answer Questions

45. Discuss how to plan a healthy diet using MyPlate.

The visual graphic that accompanies MyPlate shows that half your plate should be filled with fruits and vegetables, one-quarter should be filled with whole grains, and one-quarter filled with protein. The ideal diet provides the most nutrients with the fewest calories.
moderate

46. Discuss the importance of choosing a variety of foods for MyPlate.

Varying the foods chosen for My Plate ensures that you obtain the widest variety of nutrients and plant chemicals to support good health. The different colors of fruits and vegetables provide not only a pleasing plate to the eye, but also a variety of nutrients. Snacks that are whole foods rather than processed foods also offer the most nutrients for the least calories.
moderate

47. Explain how choosing nutrient-dense foods can help you reach weight-loss goals.

By choosing nutrient-dense foods, we are obtaining good nutrition while at the same time feeling full sooner, so we are not eating more than necessary or loading up on empty calorie foods that provide many calories but not many nutrients thus increasing our fat stores.
moderate

True/False

48. MyPlate has replaced the Food Pyramid in ease of use and adaptability to the individual.
True; easy

49. Protein and dairy products should be high in saturated fat.
False; easy

Section 6

Multiple Choice Questions

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50. The Dietary Reference Intakes (DRIs) include which reference values?
    a. Estimated Adequate Requirements, Recommended Dietary Allowances, Adequate Intakes, and Tolerable Upper Intake Levels
    b. Estimated Average Requirements, Recommended Dietary Allowances, Adequate Intakes, and Tolerable Upper Intake Levels
    c. Estimated Adequate Requirements, Recommended Dietary Allowances, Inadequate Intakes, and Tolerable Lower Intake Levels
    d. Recommended Average Requirements, Estimated Dietary Allowances, Adequate Intakes, and Tolerable Lower Intake Levels
    e. Recommended Average Requirements, Estimated Dietary Allowances, Inadequate Intakes, and Tolerable Upper Intake Levels

    b; hard

51. DRIs help the average person determine their nutrient intakes, but they also help which other people?
    a. Health-care professionals and policy makers
    b. Health-care students and policy makers
    c. Health-care professionals and food producers
    d. Health gurus and policy makers
    e. Health-care professionals and processors

    a; hard

Short Answer Questions

52. Discuss why the DRIs should be used for guidance.

    The established values have an included safety margin. They are also meant to assess and plan average intake over time, so it isn't necessary to meet the recommendations every day.

    moderate

53. Explain what happens to people who do not reach the AMDRs for their target group.

    The AMDRs are ranges of how much energy from carbohydrates, fats, and protein is recommended for a healthy diet. Those who do not reach those ranges increase their risk of developing health issues.

    moderate

54. Explain why the DRIs are not intended to fit everyone.

    The DRIs are not minimum or maximum nutritional requirements and are not intended to fit everybody. They are to be used as guides only for the majority of the healthy population.

    hard

55. Explain the Estimated Energy Requirement.

    The Estimated Energy Requirement are energy intake values that have been established to preserve energy balance in healthy adults of a specific age, gender, weight and height, and category of physical activity concurrent with good health.

    hard

True/False

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56. The DRIs are intended to fit everyone.
False; easy

57. The DRIs provide standards for researchers and specific guidelines for individuals.
True; easy

58. The DRIs are used in both the US and Europe.
False; easy

Section 7

Multiple Choice Questions

59. Percent Daily Values are based on _____calorie diet.
a. 1800
b. 2000
c. 2200
d. 2400
b.moderate

60. As a general rule, a percent Daily Value of 5 is considered what?
a. Low
b. High
c. In between
d. Doesn't matter
e. Way too high
a; moderate

61. What nutrients do we want to consider that have a low percent DV?
A. protein,
b. Fat,
c. Vitamins,
d. Minerals,
e. fiber.
b; moderate

62. When we are concentrating on nutrient-dense intake, what percent DV should we look for?
a. A low DV
b. A high DV
c. Percent DV doesn't matter when choosing healthy foods.
d. Above 20 percent
e. Below 20 percent
b; hard

63. "Low-fat" indicates what on the label?
a. The product contains 95% organic ingredients.
b. Low-fat is not regulated by the FDA.
c. The product has three or fewer grams of fat per serving.

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d. The product has nine or more grams of fat per serving.
e. The product has less than 140 mg of sodium per serving.

c; hard

64. On the food label, it is optional to include:
a. Total Fat
b. Saturated Fat
c. Monounsaturated Fat
d. All of the above
e. None of the abovc

Answer b; moderate

Short Answer Questions

65. Briefly discuss the mandatory inclusions on nutrition labels.

The mandatory inclusions on nutrition labels include total calories, total fat, saturated fat, cholesterol, total carbohydrates, dietary fiber, sugars, added sugars, vitamin D, potassium calcium, and iron.

hard

66. Explain the information that is required by law to appear on the label, but not necessarily on the Nutrition Fact panel.

Other information that is required by law to appear includes the name and address of the manufacturer, packager, or distributor, statement of identity, the net contents of the package, the ingredients listed in descending order by weight, and nutrient information of service size based on what people are actually eating and percent daily values.

hard

True/False

67. A claim that a product is "organic" must be 100% organic.

False; moderate

68. Food labeling is mandatory in the US and Canada.

True; moderate

69. The Nutritional Facts panel does not allow consumers to compare products.

False; easy

70. Most consumers read the Nutritional Fact panel before buying a product.

False; easy

Section 8

Multiple Choice Questions

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71. MyPlate encourages which of the following:
    a. ½ plate of vegetables such as carrots, broccoli and salad
    b. ½ plate of meat, such as lean red meat, poultry or fidh
    c. ½ plate of starch, such as whole grain rice or pasta
    d. adding soda to your meal

a. easy

72. How can we determine serving sizes?
    a. By using our hand
    b. By using household objects in comparison
    c. By reading the package label
    d. All of the above
    e. None of the above

d; easy

73. A serving of raw vegetables is usually how much?
    a. ½ cup
    b. 1 piece
    c. ¾ cup
    d. 1 cup
    e. 1/3 cup

d; moderate

74. A typical serving of lean meat is how much?
    a. 3 ounces
    b. 5 ounces
    c. 8 ounces
    d. 12 ounces
    e. 16 ounces

a; moderate

75. One cup looks like which of the following?
    a. A tennis ball
    b. A baseball
    c. A cupped hand
    d. A deck of cards
    e. A thumb

b; moderate

76. Three ounces looks like which of the following?
    a. A tennis ball
    b. A baseball
    c. A deck of cards
    d. A fist
    e. A cupped hand

c; moderate

Short Answer Questions

77. Discuss why it is important to know how much a serving is.

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Knowing how much a serving is helps us to determine how much we have actually consumed, and helps us to determine if we are consuming enough, too much, or too little. People typically underestimate the amount of food they consume. For example, someone may choose a salad at a fast food restaurant and not realize it contains more calories and fat than a regular hamburger.
hard

78. What does the phrase "Your eyes are bigger than your stomach" mean?

It means you thought you wanted a lot more food than you could actually eat. If you don't have something to compare amounts with, it is easy to consume more than you wanted.
moderate

True/False

79. Serving sizes have doubled in the last 20 years.
True; moderate

80. Our sedentary lives make it easy to expend enough calories during our daily activities.
False; easy

Section 9

Multiple Choice Questions

81. What is a peer-reviewed journal?
    a. A journal where authors are paid for their articles.
    b. A journal whose editorial staff is professionals in the profession the journal serves and these professionals review articles for accuracy.
    c. A journal that has lots of pictures.
    d. A journal is the same thing as a magazine.
    e. A journal devoted solely to science and their editorial staff is made up of college students.
b; moderate

Short Answer Questions

82. What are some ways you can be sure the nutritional news you read is accurate?

It will be based on solid scientific evidence, supported by multiple studies, and should be published in a peer-reviewed journal. The report should indicate the methods used by the researcher such as how long the study was, how many participants and what they actually did. The subjects of the study are important as well. You want to know if the participants were human or animals. Peer-reviewed articles will include findings from previous studies.
hard

83. What are some reliable sources of nutritional news?

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USDA Food and Nutrition Information Center, the Academy of Nutrition and Dietetics, the Department of Health and Human Services, Centers for Disease Control and Prevention, Dietitians of Canada, and Health Canada are all reliable sources of nutritional news.
hard

84. What are the key points to look for when searching for a reliable website for nutritional information?

The website should be upfront about who is sponsoring them: is it updated on a regular basis, are you being sold something? Sites that are selling products often have biased views in favor of whatever they're selling. Nutritional science is always changing so regular updates are necessary. Sponsors can have their own agenda. For example, if a nutritional website is supported by a candy manufacturer that should raise a warning flag that the information may not be accurate.
hard

True/False

85. One study constitutes fact in nutritional science.
False; easy

86. Websites are more accurate than journals for nutritional news.
False; moderate

87. Nutritional news is never sensationalized.
False; moderate

88. Nutritional news should make sense.
True; easy

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