***Human Nutrition, 2e* (Stephenson)**

**Chapter 1 Introduction to Nutrition**

1) Which of the following statements is true?

A) Nutrients are life-sustaining phytochemicals in food.

B) In the United States, poor eating habits contribute to some of the ten leading causes of death.

C) A person's diet is influenced by his or her blood type and birth order.

D) Most people are born with the ability to choose a nutritious diet.

Answer: B

Section: 01.01

Topic: Nutrition basics; Public health and nutrition; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.01.01 Explain why it is important to study nutrition.

Accessibility: Keyboard Navigation

2) Studying nutrition is important to

A) obtain enough energy to sustain life.

B) select the appropriate mix of nutrients for proper body functioning.

C) reduce dependence on animal food products.

D) avoid pesticides and hormones in the food supply.

Answer: B

Section: 01.01

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.01.01 Explain why it is important to study nutrition.

Accessibility: Keyboard Navigation

3) In the United States, consumers eat more \_\_\_\_\_\_\_\_ than recommended.

A) cheese

B) vegetables

C) fish

D) whole grains

Answer: A

Section: 01.01

Topic: Food sources; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.01.02 Describe Americans' current food-buying practices and how they compare to dietary recommendations.

Accessibility: Keyboard Navigation

4) Most Americans purchase less than recommended amounts of

A) fruits.

B) sugary beverages.

C) red meats.

D) refined grain products.

Answer: A

Section: 01.01

Topic: Food sources; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.01.02 Describe Americans' current food-buying practices and how they compare to dietary recommendations.

Accessibility: Keyboard Navigation

5) Which of the following is NOT true about water?

A) Water is an essential nutrient.

B) Water plays a role in regulation of body temperature.

C) Water is necessary for elimination of waste from the body.

D) Water is necessary for immune function.

Answer: D

Section: 01.02

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.02.01 List the six classes of nutrients, and identify major roles of each class of nutrient in the body.

Accessibility: Keyboard Navigation

6) Which of the following substances is a nutrient that does NOT supply any energy for the human body?

A) Carbohydrate

B) Fat

C) Protein

D) Vitamin D

Answer: D

Section: 01.02

Topic: Nutrition basics; Nutrient functions

Bloom's: 1. Remember

Learning Outcome: 01.02.01 List the six classes of nutrients, and identify major roles of each class of nutrient in the body.

Accessibility: Keyboard Navigation

7) Which of the following statements is true?

A) Nutrient-deficiency diseases develop when diets lack essential nutrients.

B) Skin rashes are always a symptom of vitamin deficiency diseases.

C) Headaches are a common sign of a mineral deficiency disease.

D) Most phytochemicals are classified as essential nutrients.

Answer: A

Section: 01.02

Topic: Nutrition basics; Phytochemicals; Deficiency and toxicity diseases

Bloom's: 2. Understand

Learning Outcome: 01.02.02 Identify the key features of an essential nutrient.

Accessibility: Keyboard Navigation

8) An essential nutrient

A) is found only in fortified foods.

B) is found only in foods from animal sources.

C) must be supplied by the diet.

D) provides energy (kcals) to the diet.

Answer: C

Section: 01.02

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.02.02 Identify the key features of an essential nutrient.

Accessibility: Keyboard Navigation

9) Which of the following describe a conditionally essential nutrient?

A) A nutrient that is normally nonessential, but becomes essential under certain conditions.

B) A nutrient that may be made in the body, but in amounts that are inadequate.

C) A nutrient that becomes essential due to a metabolic disorder or serious disease (e.g. kidney or liver disease).

D) All of the choices are correct.

Answer: D

Section: 01.02

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.02.02 Identify the key features of an essential nutrient.

Accessibility: Keyboard Navigation

10) Which of the following is a micronutrient?

A) Iron

B) Glucose

C) Fat

D) Protein

Answer: A

Section: 01.02

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.02.03 Categorize nutrients based on whether they are essential and their designation as a micronutrient or macronutrient.

Accessibility: Keyboard Navigation

11) Which of the following substances is a macronutrient?

A) Protein

B) Vitamin C

C) Calcium

D) Sodium

Answer: A

Section: 01.02

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.02.03 Categorize nutrients based on whether they are essential and their designation as a micronutrient or macronutrient.

Accessibility: Keyboard Navigation

12) Which of the following foods is naturally a rich source of phytochemicals?

A) Margarine

B) Tuna

C) Blueberries

D) Chicken

Answer: C

Section: 01.02

Topic: Nutrition basics; Phytochemicals

Bloom's: 2. Understand

Learning Outcome: 01.02.04 Identify rich food sources of phytochemicals.

Accessibility: Keyboard Navigation

13) Which of the following foods is NOT a rich natural source of phytochemicals?

A) Cherries

B) Green tea

C) Whole-grain bread

D) Lean meat

Answer: D

Section: 01.02

Topic: Phytochemicals

Bloom's: 2. Understand

Learning Outcome: 01.02.04 Identify rich food sources of phytochemicals.

Accessibility: Keyboard Navigation

14) A teaspoon of sugar supplies about 16 kcals, which is the same as \_\_\_\_\_\_\_\_ calories.

A) 1.6

B) 1600

C) 16,000

D) 160,000

Answer: C

Section: 01.03

Topic: Nutrition basics; Nutrition computations

Bloom's: 3. Apply

Learning Outcome: 01.03.01 Distinguish between calorie and kilocalorie.

Accessibility: Keyboard Navigation

15) A small apple supplies approximately 40,000 \_\_\_\_\_\_\_\_.

A) calories

B) kilocalories

C) Calories

D) Kilocalories

Answer: A

Section: 01.03

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.03.01 Distinguish between calorie and kilocalorie.

Accessibility: Keyboard Navigation

16) A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and 100 mL water. Based on this information, a serving of this food supplies

A) 87 kcals.

B) 97 kcals.

C) 107 kcals.

D) 117 kcals.

Answer: D

Section: 01.03

Topic: Nutrition basics; Nutrition computations

Bloom's: 3. Apply

Learning Outcome: 01.03.02 Estimate the amount of energy (kcal) in a serving of food based on the grams of carbohydrate, protein, fat, and alcohol present.

Accessibility: Keyboard Navigation

17) Approximately how many grams of carbohydrate are in a sugar-sweetened beverage that supplies 200 kcals and contains no fiber, fat, protein, or alcohol?

A) 50 grams of carbohydrate

B) 30 grams of carbohydrate

C) 43 grams of carbohydrate

D) 65 grams of carbohydrate

Answer: A

Section: 01.03

Topic: Nutrition basics; Nutrition computations

Bloom's: 3. Apply

Learning Outcome: 01.03.02 Estimate the amount of energy (kcal) in a serving of food based on the grams of carbohydrate, protein, fat, and alcohol present.

Accessibility: Keyboard Navigation

18) Which of the following conditions is NOT a leading cause of death in the United States?

A) Tuberculosis

B) Cancer

C) Heart disease

D) Stroke

Answer: A

Section: 01.04

Topic: Nutrition basics; Public health and nutrition; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.04.01 Identify the 10 leading causes of death in the United States.

Accessibility: Keyboard Navigation

19) Which of the following conditions or diseases is a leading diet-related cause of death in the United States?

A) Chronic lower respiratory infections

B) Stroke

C) Suicide

D) Influenza and pneumonia

Answer: B

Section: 01.04

Topic: Nutrition basics; Public health and nutrition; Demographic trends and statistics

Bloom's: 1. Remember

Learning Outcome: 01.04.01 Identify the 10 leading causes of death in the United States.

Accessibility: Keyboard Navigation

20) Consuming a diet that supplies large amounts of certain types of fat increase one's risk of developing heart disease. Thus, a diet that supplies an excessive amount of such fats is a \_\_\_\_\_\_\_\_ for heart disease.

A) hypothetical variable

B) dietary modulator

C) nutritional determinant

D) risk factor

Answer: D

Section: 01.04

Topic: Nutrition basics; Public health and nutrition

Bloom's: 2. Understand

Learning Outcome: 01.04.02 Describe lifestyle factors that contribute to the leading causes of death in the United States.

Accessibility: Keyboard Navigation

21) Which of the following lifestyle choices is the primary cause of preventable cancer deaths in the United States?

A) Eating fatty foods

B) Consuming alcohol

C) Exercising infrequently

D) Smoking cigarettes

Answer: D

Section: 01.04

Topic: Nutrition basics; Public health and nutrition

Bloom's: 2. Understand

Learning Outcome: 01.04.02 Describe lifestyle factors that contribute to the leading causes of death in the United States.

Accessibility: Keyboard Navigation

22) To improve nutrition and weight status, a primary objective of *Healthy* *People 2020* is to

A) increase the number of children and adults who receive annual influenza vaccinations.

B) reduce television advertisements for unhealthy food options.

C) educate consumers on how to obtain nutrition information from reliable sources.

D) reduce child and adult consumption of calories from solid fats and added sugars.

Answer: D

Section: 01.04

Topic: Nutrition basics; Public health and nutrition

Bloom's: 1. Remember

Learning Outcome: 01.04.03 Identify nutrition-related objectives of Healthy People 2020.

Accessibility: Keyboard Navigation

23) Which of the following is NOT a major nutrition-related objective of *Healthy People 2020*?

A) Reduce the proportion of adults who are obese.

B) Increase the contribution of fruits to the diets of the population aged 2 years and older.

C) Increase the contribution of whole grains to the diets of the population aged 2 years and older.

D) Provide fitness trails to increase physical activity of children and adults.

Answer: D

Section: 01.04

Topic: Nutrition basics; Public health and nutrition

Bloom's: 1. Remember

Learning Outcome: 01.04.03 Identify nutrition-related objectives of Healthy People 2020.

Accessibility: Keyboard Navigation

24) Which of the following factors has a major influence over a person's food choices?

A) Close friends

B) Blood type

C) Vitamin A status

D) Birth order

Answer: A

Section: 01.05

Topic: Nutrition basics

Bloom's: 1. Remember

Learning Outcome: 01.05.01 Identify factors that influence a person's usual food selections.

Accessibility: Keyboard Navigation

25) Which of the following is NOT a major factor impacting a person's food choices?

A) Childhood experiences

B) Blood type

C) Health beliefs

D) Mood

Answer: B

Section: 01.05

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.05.01 Identify factors that influence a person's usual food selections.

Accessibility: Keyboard Navigation

26) Which of the following is NOT a biological or physiological factor that influences a person's food choices?

A) Age

B) Perception of food's sensory characteristics

C) Emotional stress level

D) Hunger

Answer: C

Section: 01.05

Topic: Food sources

Bloom's: 1. Remember

Learning Outcome: 01.05.02 Discuss the influence that biological, physiological, cognitive, psychological and environmental factors can have on a persons food choices.

Accessibility: Keyboard Navigation

27) Choosing foods based on religious teachings is an example of \_\_\_\_\_\_\_\_ factors influencing eating habits.

A) biological

B) cognitive

C) environmental

D) physiological

Answer: B

Section: 01.05

Topic: Food sources

Bloom's: 1. Remember

Learning Outcome: 01.05.02 Discuss the influence that biological, physiological, cognitive, psychological and environmental factors can have on a persons food choices.

Accessibility: Keyboard Navigation

28) Which of the following is NOT a common marketing tactic to encourage consumers to purchase manufactured foods?

A) Attractive packaging

B) Product placement at the end of supermarket aisles

C) In-store product sampling demonstrations

D) Nutrition information posted next to fresh fruits and vegetables

Answer: D

Section: 01.05

Topic: Food sources

Bloom's: 2. Understand

Learning Outcome: 01.05.03 Discuss ways that food marketing efforts can influence an individual's food selections.

Accessibility: Keyboard Navigation

29) In-store food marketing efforts are primarily designed to accomplish all of the following EXCEPT \_\_\_\_\_\_\_\_.

A) help shoppers make healthy food choices

B) stimulate the senses

C) direct shoppers to more profitable items

D) increase sales

Answer: A

Section: 01.05

Topic: Food sources

Bloom's: 1. Remember

Learning Outcome: 01.05.03 Discuss ways that food marketing efforts can influence an individual's food selections.

Accessibility: Keyboard Navigation

30) Which of the following statements is TRUE?

A) A megadose of vitamin C is within the range of safe intake for the nutrient.

B) Peanut butter is an empty-calorie food.

C) Most foods are mixtures of nutrients.

D) A healthy diet supplies 90% of its calories from protein-rich foods.

Answer: C

Section: 01.06

Topic: Nutrition basics; Food sources

Bloom's: 2. Understand

Learning Outcome: 01.06.01 Discuss the importance of the six key nutrition concepts to the study of nutrition.

Accessibility: Keyboard Navigation

31) Which of the following is NOT a key nutrition concept?

A) Malnutrition includes overnutrition as well as undernutrition.

B) Foods and the nutrients they contain are not cure-alls.

C) Variety, moderation, and balance can help ensure a diet's nutritional adequacy.

D) The best way for people to obtain all the essential nutrients is to consume dietary supplements.

Answer: D

Section: 01.06

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.06.01 Discuss the importance of the six key nutrition concepts to the study of nutrition.

Accessibility: Keyboard Navigation

32) Which of the following foods is the most nutrient-dense per serving?

A) Leafy greens

B) French fries

C) Grape drink

D) Refined grains

Answer: A

Section: 01.06

Topic: Nutrition basics

Bloom's: 3. Apply

Learning Outcome: 01.06.02 Compare a food that has a lot of empty calories to a nutrient-dense food.

Accessibility: Keyboard Navigation

33) Which of the following foods is the most nutrient-dense per serving?

A) Cheese nachos

B) Iceberg lettuce

C) Fat-free milk

D) Soft margarine

Answer: C

Section: 01.06

Topic: Nutrition basics

Bloom's: 3. Apply

Learning Outcome: 01.06.02 Compare a food that has a lot of empty calories to a nutrient-dense food.

Accessibility: Keyboard Navigation

34) Per serving, which of the following foods is the most energy-dense?

A) ½ cup fresh strawberries

B) 4-ounce chocolate doughnut

C) 8 ounces fat-free milk

D) 3 ounces baked chicken

Answer: B

Section: 01.06

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.06.03 Explain energy density and provide examples of energy-dense food choices.

Accessibility: Keyboard Navigation

35) Which of the following foods is both energy and nutrient-dense?

A) Strawberries

B) Spinach

C) Peanut butter

D) Raw apples

Answer: C

Section: 01.06

Topic: Nutrition basics

Bloom's: 2. Understand

Learning Outcome: 01.06.03 Explain energy density and provide examples of energy-dense food choices.

Accessibility: Keyboard Navigation

36) Which of the following statements is FALSE?

A) Dietary supplements include fish oil, glucosamine, echinacea, and flaxseed oil.

B) The Dietary Supplement Health and Education Act of 1994 allows manufacturers to classify dietary supplements as foods.

C) A megadose is an amount of a vitamin or mineral that greatly exceeds the recommended amount of the nutrient.

D) In order for a dietary supplement to be on the market, all research studies on the supplement must show a beneficial effect on health.

Answer: D

Section: 01.06

Topic: Dietary supplements

Bloom's: 1. Remember

Learning Outcome: 01.06.04 Describe a dietary supplement according to the Dietary Supplement and Health Education Act of 1994.

Accessibility: Keyboard Navigation

37) According to the U.S. Food and Drug Administration, which of the following substances can NOT be classified as a dietary supplement?

A) Tobacco

B) Vitamin E

C) Copper

D) Lysine

Answer: A

Section: 01.06

Topic: Nutrition basics; Dietary supplements

Bloom's: 1. Remember

Learning Outcome: 01.06.04 Describe a dietary supplement according to the Dietary Supplement and Health Education Act of 1994.

Accessibility: Keyboard Navigation