***Perspectives in Nutrition, A Functional Approach, 2e* (Byrd)**

**Chapter 1 The Science of Nutrition**

1) The science of food; the nutrients and substances therein; and their action, interaction, and balance in relation to health and disease is a definition of \_\_\_\_\_\_\_\_.

A) life

B) energy metabolism

C) nutrition

D) food science

Answer: C

Explanation: This is the definition of nutrition.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

2) The leading cause of nutrition-related death in the United States is \_\_\_\_\_\_\_\_.

A) heart disease

B) homicide

C) suicide

D) diabetes

Answer: A

Explanation: Heart disease is the leading cause of death in US.

Difficulty: 1 Easy

Section: 01.01

Topic: Demographic trends and statistics; Cardiovascular disease

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

3) Nutrients causing some signs of poor health when consumed in less than adequate amounts are called \_\_\_\_\_\_\_\_.

A) essential nutrients

B) nonessential nutrients

C) nutritional supplements

D) trace nutrients

Answer: A

Explanation: Some signs of poor health will eventually occur less-than-adequate essential nutrient consumption.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

4) Energy-yielding nutrients include \_\_\_\_\_\_\_\_.

A) vitamins, minerals, and water

B) carbohydrates, proteins, and fats

C) trace minerals and fat-soluble vitamins

D) iron, vitamin C, and potassium

Answer: B

Explanation: Carbohydrates, proteins, and fats provide energy/calories.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

5) Sugars, starches, and dietary fibers are examples of \_\_\_\_\_\_\_\_.

A) proteins

B) vitamins

C) carbohydrates

D) minerals

Answer: C

Explanation: Sugars, starches, and dietary fibers are types of carbohydrates.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Carbohydrates

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

6) Which of the following are sources of carbohydrates?

A) grains

B) fruits

C) vegetables

D) All of these are sources of carbohydrates.

Answer: D

Explanation: Grains, fruits and vegetables all contain carbohydrates.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Carbohydrates

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

7) Which is NOT a complex carbohydrate?

A) glycogen

B) glucose

C) fiber

D) starch

Answer: B

Explanation: Glucose is a simple sugar

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Carbohydrates

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

8) Macronutrients are needed in \_\_\_\_\_\_\_\_ quantities in the diet, as compared to micronutrients.

A) larger

B) smaller

C) similar

Answer: A

Explanation: Macronutrients are needs in larger amounts (grams) as compared to micronutrients (milligrams and micrograms).

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

9) Carbohydrates can be described as \_\_\_\_\_\_\_\_.

A) sugars, starches, and fibers

B) compounds needed in tiny amounts

C) made of building blocks called amino acids

D) inorganic molecules regulating chemical reactions and comprising part of some body structures

Answer: A

Explanation: Sugars, starches and fibers are carbohydrates.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Carbohydrates

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

10) An important function of carbohydrates is to \_\_\_\_\_\_\_\_.

A) supply energy

B) provide amino acids

C) absorb and transport vitamins

D) promote growth and tissue repair

Answer: A

Explanation: The main function of carbohydrates is to supply energy.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrient functions; Carbohydrates

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

11) Which of the following are complex carbohydrates not broken down by digestive processes:

A) glycogen

B) enzymes

C) fiber

D) starches

Answer: C

Explanation: Fiber cannot be broken down by the body.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Complex Carbohydrates

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

12) Glucose is classified as a \_\_\_\_\_\_\_\_.

A) simple sugar

B) dietary starch

C) polysaccharide

D) dietary fiber

Answer: A

Explanation: Glucose is a simple sugar.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Carbohydrates

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

13) A triglyceride is an example of a \_\_\_\_\_\_\_\_.

A) protein

B) carbohydrate

C) lipid

D) vitamin

Answer: C

Explanation: A triglyceride is classified as a lipid.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Lipids

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

14) Lipids can be described as \_\_\_\_\_\_\_\_.

A) sugars, starches, and fibers

B) compounds needed in minute amounts

C) mostly fats and oils

D) made of building blocks called amino acids

Answer: C

Explanation: Fats and oils are lipids.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Lipids

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

15) The major form of lipid in foods is a(n) \_\_\_\_\_\_\_\_.

A) triglyceride

B) amino acid

C) fatty acid

D) glycerol

Answer: A

Explanation: Triglyceride is the lipid most commonly found in foods.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Lipids

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

16) The main structural material of the body is \_\_\_\_\_\_\_\_.

A) lipid

B) carbohydrate

C) protein

D) minerals

Answer: C

Explanation: Protein is the body's main structural material.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Proteins

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

17) Proteins are formed by linking together \_\_\_\_\_\_\_\_.

A) fatty acids

B) amino acids

C) glycerol

D) chlorine compounds

Answer: B

Explanation: Amino acids link to form proteins.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Proteins

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

18) Proteins can be described as \_\_\_\_\_\_\_\_.

A) sugars, starches, and fibers

B) mostly fats and oils

C) made of building blocks called amino acids

D) inorganic molecules regulating chemical reactions and comprising part of some body structures

Answer: C

Explanation: Proteins are made of amino acids.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Proteins

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

19) The main function of vitamins is to \_\_\_\_\_\_\_\_.

A) provide the main structural building blocks of the body

B) provide essential fatty acids

C) enable chemical reactions in the body to occur

D) improve digestion processes

Answer: C

Explanation: Vitamins enable chemical reactions in the body.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Vitamins

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

20) Examples of water-soluble vitamins include \_\_\_\_\_\_\_\_.

A) vitamins A and E

B) vitamins D and K

C) vitamin C and the B-vitamins

D) calcium and iron

Answer: C

Explanation: Water soluble vitamins include all B vitamins and vitamin C.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Vitamins

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

21) Which of the following is a trace mineral?

A) sodium

B) calcium

C) iron

D) potassium

Answer: C

Explanation: Iron is a trace mineral.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Minerals

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

22) Minerals are needed for \_\_\_\_\_\_\_\_.

A) skeletal system

B) functioning of the nervous system

C) water balance

D) All of these choices are correct.

E) None of these choices are correct.

Answer: D

Explanation: Minerals are needed for skeletal system, function of nervous system, and water balance.

Difficulty: 1 Easy

Section: 01.01

Topic: Minerals; Nutrient functions

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

23) Which of the following is a vital component of the body, acting as a solvent, lubricant, temperature regulator, and transport medium:

A) fat

B) carbohydrate

C) protein

D) water

Answer: D

Explanation: Water acts as a solvent, lubricant, temperature regulator and transport.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrient functions

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

24) Energy obtained by the body from food is used to \_\_\_\_\_\_\_\_.

A) build new compounds

B) move the muscles

C) transmit nerve impulses

D) balance ions within cells

E) perform all of these functions

Answer: E

Explanation: Energy/calories are used to build new compounds, move muscles, transmit impulses, and balance ions.

Difficulty: 1 Easy

Section: 01.02

Topic: Nutrient functions

Learning Objective: 01.02 Use the physiological fuel values of energy-yielding nutrients to determine the total energy content (calories) in a food or diet.

Bloom's: Remember

Est Time: 0-1 minute

25) Phytochemicals are \_\_\_\_\_\_\_\_.

A) available in vitamin and mineral supplements only

B) essential parts of a diet

C) chemicals found in plants and animal products

D) plant substances that provide health benefits

Answer: D

Explanation: Phytochemicals are derived from plants and offer health benefits.

Difficulty: 1 Easy

Section: 01.01

Topic: Phytochemicals

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

26) Which of the following is the term for a food that provides health benefits beyond the vitamins and minerals it contains?

A) Functional food

B) Formative food

C) Phytonutrient

D) Probiotic

Answer: A

Explanation: Functional foods provide health benefits beyond the vitamins and minerals they contain.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Nutrient functions

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

27) "The amount of heat required to raise the temperature of 1000 grams of water one degree Celsius" is the definition of \_\_\_\_\_\_\_\_.

A) energy

B) kilojoule

C) kilocalorie

D) physiological fuel value

Answer: C

Explanation: Definition of kilocalorie.

Difficulty: 1 Easy

Section: 01.02

Topic: Nutrition basics

Learning Objective: 01.02 Use the physiological fuel values of energy-yielding nutrients to determine the total energy content (calories) in a food or diet.

Bloom's: Remember

Est Time: 0-1 minute

28) In North America, the main sources of protein are \_\_\_\_\_\_\_\_.

A) rice, beans, and corn

B) meat and pasta

C) meat, seafood, and dairy products

D) pasta, breads, and potatoes

Answer: C

Explanation: Meat, seafood, and dairy products provide the main sources of protein in North America.

Difficulty: 1 Easy

Section: 01.03

Topic: Demographic trends and statistics

Learning Objective: 01.03 Describe the major characteristics of the North American diet and the food behaviors that often need improvement.

Bloom's: Remember

Est Time: 0-1 minute

29) About 50% of the American dietary intake of carbohydrate is derived from \_\_\_\_\_\_\_\_.

A) animal sources

B) dietary fats and oils

C) dietary starches

D) dietary fiber

Answer: C

Explanation: Dietary starches compromise about 50% of American intake of carbohydrates.

Difficulty: 1 Easy

Section: 01.03

Topic: Demographic trends and statistics; Carbohydrates

Learning Objective: 01.03 Describe the major characteristics of the North American diet and the food behaviors that often need improvement.

Bloom's: Remember

Est Time: 0-1 minute

30) Most North Americans could improve their diets by \_\_\_\_\_\_\_\_.

A) eating more foods rich in vitamins A and E

B) increasing sodium intake

C) lowering iron and calcium intake

D) eating fewer whole-grain breads

Answer: A

Explanation: Most North Americans need more vitamin A and E, as found in statistics.

Difficulty: 1 Easy

Section: 01.03

Topic: Public health and nutrition

Learning Objective: 01.03 Describe the major characteristics of the North American diet and the food behaviors that often need improvement.

Bloom's: Remember

Est Time: 0-1 minute

31) The psychological desire to eat certain foods and reject others is defined by:

A) hunger

B) the physical need for food

C) appetite

D) culture

Answer: C

Explanation: Appetite is defined by a psychological desire to eat certain foods and reject others.

Difficulty: 1 Easy

Section: 01.03

Topic: Nutrition basics

Learning Objective: 01.04 Describe the factors that affect our food choices.; 01.03 Describe the major characteristics of the North American diet and the food behaviors that often need improvement.

Bloom's: Remember

Est Time: 0-1 minute

32) Many factors influence food choices. Which factor relates to the knowledge, beliefs, religion, and traditions shared by a group of people?

A) food marketing

B) lifestyle

C) education and occupation

D) culture

Answer: D

Explanation: Definition of culture.

Difficulty: 1 Easy

Section: 01.03

Topic: Demographic trends and statistics

Learning Objective: 01.04 Describe the factors that affect our food choices.

Bloom's: Remember

Est Time: 0-1 minute

33) Which factor(s) affect food choice?

A) social needs

B) food cost

C) food marketing

D) None of these factors affect food choice.

E) All of these factors affect food choice

Answer: E

Explanation: Food choice is affected by all listed factors.

Difficulty: 1 Easy

Section: 01.03

Topic: Nutrition basics

Learning Objective: 01.04 Describe the factors that affect our food choices.

Bloom's: Remember

Est Time: 0-1 minute

34) When body systems are operating normally and nutrient stores are being maintained, an individual is said to be \_\_\_\_\_\_\_\_.

A) in optimal nutritional status

B) in a state of overnutrition

C) experiencing undernutrition

D) experiencing malnutrition

Answer: A

Explanation: Definition of optimal nutritional status.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Remember

Est Time: 0-1 minute

35) Nutrition-related objectives of Healthy People 2020 include \_\_\_\_\_\_\_\_.

A) increasing fat intake, vitamin A intake, and reducing obesity

B) reducing adult obesity, increasing calcium intake, and increasing sodium intake

C) increasing vegetable intake, increasing calcium intake, and reducing childhood obesity

D) lowering fat intake, increasing protein intake, and increasing blood cholesterol

Answer: C

Explanation: HP 2020 objectives include increasing vegetable intake, increasing calcium intake, and reducing sodium intake.

Difficulty: 1 Easy

Section: 01.04

Topic: Public health and nutrition

Learning Objective: 01.06 List the attributes of lifestyles that are consistent with Healthy People 2020 goals and those that contribute to the leading causes of death in North America.

Bloom's: Remember

Est Time: 0-1 minute

36) The main objective of Healthy People 2020 is to help Americans \_\_\_\_\_\_\_\_.

A) attain high-quality, longer lives free from preventable death and disease

B) lose weight and increase vegetable intake

C) by promoting intake of minerals among those age 2 years and older

D) increase intake of fruits, vegetables, and whole grains

Answer: A

Explanation: The main objective of HP 2020 is to help Americans attain high-quality, longer lives free from preventable death and disease.

Difficulty: 1 Easy

Section: 01.04

Topic: Public health and nutrition

Learning Objective: 01.06 List the attributes of lifestyles that are consistent with Healthy People 2020 goals and those that contribute to the leading causes of death in North America.

Bloom's: Remember

Est Time: 0-1 minute

37) An environmental assessment includes studying a person's \_\_\_\_\_\_\_\_.

A) education and economic background

B) family medical history

C) usual dietary intake

D) medication use

Answer: A

Explanation: Education and economic background are aspects of environmental assessment.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Remember

Est Time: 0-1 minute

38) An evaluation of nutritional health includes \_\_\_\_\_\_\_\_.

A) anthropometric measurements

B) dietary assessment

C) biochemical assessment

D) medical history

E) All of these choices are correct

Answer: E

Explanation: All answers listed are used in nutritional health evaluations.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Remember

Est Time: 0-1 minute

39) \_\_\_\_\_\_\_\_ dictate(s) the types and amounts of nutrients in food that will be transformed and reassembled into body structures and compounds.

A) Essential fats

B) Genes

C) Energy expenditure

D) Dietary choices

Answer: B

Explanation: Genes dictate the types and amounts of nutrients that will be transformed/reassembled into body structures/compounds.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutritional genomics

Learning Objective: 01.07 Describe the role of genetics in the development of nutrition-related diseases.

Bloom's: Remember

Est Time: 0-1 minute

40) A possible explanation for a natural phenomenon is a \_\_\_\_\_\_\_\_.

A) law

B) model

C) theory

D) hypothesis

Answer: D

Explanation: A hypothesis would offer an explanation for natural phenomena.

Difficulty: 2 Medium

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Understand

Est Time: 0-1 minute

41) The study of the distribution of disease in human populations is \_\_\_\_\_\_\_\_.

A) epidemiology

B) dermatology

C) statistics

D) biometry

Answer: A

Explanation: Definition of epidemiology.

Difficulty: 1 Easy

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Remember

Est Time: 0-1 minute

42) A study that compares matched individuals with and without a known medical condition is known as a \_\_\_\_\_\_\_\_.

A) double-blind study

B) matched study

C) case-control study

D) control group study

Answer: C

Explanation: Definition of case-control.

Difficulty: 1 Easy

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Remember

Est Time: 0-1 minute

43) An inert substance with no biological activity or a fake medicine that is used in controlled experiments is called a \_\_\_\_\_\_\_\_.

A) placebo

B) blind substance

C) double-blind substance

D) controlled substance

Answer: A

Explanation: Definition of placebo.

Difficulty: 1 Easy

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Remember

Est Time: 0-1 minute

44) A study that examines changes in health as people move from one country to another is called a \_\_\_\_\_\_\_\_.

A) cohort study

B) migrant study

C) case-control study

D) control group study

Answer: B

Explanation: Definition of migrant study.

Difficulty: 1 Easy

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Remember

Est Time: 0-1 minute

45) In a double-blind study, who knows which participants are getting the treatment or placebo?

A) only the researchers

B) only the participants

C) only an independent third party

D) both the researchers and participants

Answer: C

Explanation: A third party is the only entity who knows which participants are getting placebo/treatment in a double-blind study.

Difficulty: 1 Easy

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Remember

Est Time: 0-1 minute

46) Polysaccharides are also called simple carbohydrates.

Answer: FALSE

Explanation: Monosaccharides are simple carbohydrates.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics; Simple carbohydrates

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

47) A micronutrient is a substance that cannot be separated into simpler substances by chemical processes.

Answer: FALSE

Explanation: Micronutrients are vitamins and minerals.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

48) The term "oil" refers to lipids that are generally liquid at room temperature.

Answer: TRUE

Explanation: Oil is a lipid that is generally a liquid at room temperature.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

49) Vitamins can be divided into 3 groups: water-soluble, fat-soluble, and alcohol-soluble.

Answer: FALSE

Explanation: Vitamins are classified as water-soluble and fat-soluble.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

50) Water-soluble vitamins are excreted more readily than fat-soluble vitamins.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

51) Phytochemicals are physiologically active compounds that are considered essential nutrients.

Answer: FALSE

Explanation: Phytochemicals are substances from plants that offer benefits but are not essential for humans to function.

Difficulty: 1 Easy

Section: 01.01

Topic: Phytochemicals

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

52) Zoochemicals are physiologically active compounds found in plants.

Answer: FALSE

Explanation: Zoochemicals are found in animals.

Difficulty: 1 Easy

Section: 01.01

Topic: Zoochemicals

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

53) A Kilocalorie measures the amount of heat energy.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.02

Topic: Nutrition basics

Learning Objective: 01.02 Use the physiological fuel values of energy-yielding nutrients to determine the total energy content (calories) in a food or diet.

Bloom's: Remember

Est Time: 0-1 minute

54) A clinical sign of a nutrient deficiency is one that is apparent to a health-care provider, such as aches and pains.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Remember

Est Time: 0-1 minute

55) Overnutrition can lead to excess stores of nutrients.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Remember

Est Time: 0-1 minute

56) People in the United States today are generally more at risk for overnutrition than undernutrition.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.03 Describe the major characteristics of the North American diet and the food behaviors that often need improvement.

Bloom's: Remember

Est Time: 0-1 minute

57) A poor diet is a risk factor for the major chronic diseases seen today.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.03 Describe the major characteristics of the North American diet and the food behaviors that often need improvement.

Bloom's: Remember

Est Time: 0-1 minute

58) In the future, gene therapy may help to treat inherited diseases.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutritional genomics; Biotechnology

Learning Objective: 01.07 Describe the role of genetics in the development of nutrition-related diseases.

Bloom's: Remember

Est Time: 0-1 minute

59) An animal model is a disease in laboratory animals that closely mimics a human disease.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Remember

Est Time: 0-1 minute

60) In the U.S., dietary supplements are rigorously regulated by the Food and Drug Administration.

Answer: FALSE

Explanation: The USDA generally regulates supplements.

Difficulty: 1 Easy

Section: 01.06

Topic: Evaluating nutrition information; Dietary supplements

Learning Objective: 01.09 Identify reliable sources of nutrition information.

Bloom's: Remember

Est Time: 0-1 minute

61) Supplement manufacturers must prove the supplement is safe before they can sell it in the U.S.

Answer: FALSE

Explanation: Supplement manufacturers DO NOT have to prove safety or efficacy before marketing supplements in the U.S.

Difficulty: 1 Easy

Section: 01.06

Topic: Evaluating nutrition information; Dietary supplements

Learning Objective: 01.09 Identify reliable sources of nutrition information.

Bloom's: Remember

Est Time: 0-1 minute

62) Which is NOT a characteristic of an essential nutrient?

A) It has a specific biological function.

B) Removing it from the diet causes a reduction in biological function.

C) Adding it to a deficient diet restores body functions back to normal if it is added before permanent damage occurs.

D) The body can create these nutrients on its own.

Answer: D

Explanation: The body cannot create essential nutrients. They must be consumed in the diet.

Difficulty: 2 Medium

Section: 01.01

Topic: Nutrient functions

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

63) Which nutrients regulate body processes?

A) Proteins and carbohydrates

B) Carbohydrates, some lipids, and water

C) Some lipids, some vitamins, and some minerals.

D) All nutrients help regulate body processes.

Answer: C

Explanation: Some lipids, some vitamins and some minerals regulate various body processes.

Difficulty: 2 Medium

Section: 01.01

Topic: Nutrient functions

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

64) Which is true about saturated fats?

A) Saturated fats raise blood cholesterol.

B) Saturated fats tend to be solid at room temperature.

C) Many animal fats are rich in saturated fats.

D) Saturated fats provide 9 kilocalories per gram.

E) All of these statements are true.

Answer: E

Explanation: All statements are true.

Difficulty: 2 Medium

Section: 01.01

Topic: Triglycerides

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

65) Which is true about essential fatty acids?

A) The body can make them from nonessential fatty acids.

B) They help regulate blood pressure and nerve transmission.

C) They are found primarily in deep-fried foods.

D) They are linked to increased risk of heart disease.

Answer: B

Explanation: Essential fatty acids help regulate blood pressure and nerve transmission.

Difficulty: 2 Medium

Section: 01.01

Topic: Triglycerides

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

66) Which element is found in protein, but not in carbohydrates?

A) Nitrogen

B) Carbon

C) Hydrogen

D) Oxygen

Answer: A

Explanation: Of the macronutrients, nitrogen is only found in the protein.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

67) Which nutrients are organic compounds?

A) water and carbohydrates

B) carbohydrates and protein

C) fats and minerals

D) water and minerals

Answer: B

Explanation: Carbohydrates and protein contain carbon and are organic.

Difficulty: 2 Medium

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

68) Which nutrient is an inorganic substance?

A) vitamin A

B) zinc

C) protein

D) thiamin

Answer: B

Explanation: Zinc is a mineral, which is inorganic and does not contain carbon.

Difficulty: 2 Medium

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

69) Which nutrients do NOT provide energy?

A) water and carbohydrate

B) minerals and vitamins

C) vitamins and protein

D) water, minerals, and lipids

Answer: B

Explanation: Micronutrients (vitamins and minerals) do not contain calories or provide energy.

Difficulty: 2 Medium

Section: 01.01

Topic: Nutrient functions

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

70) Which is NOT true of water?

A) It is a medium for transporting nutrients throughout the body.

B) It is an organic substance.

C) It is the nutrient needed in the largest quantity.

D) It acts as a lubricant in the body.

Answer: B

Explanation: Water does not contain carbon (H2O) and is not organic.

Difficulty: 2 Medium

Section: 01.01

Topic: Nutrient functions

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

71) A snack bar contains about 17 grams of carbohydrates, 1 gram of fat, and 1 gram of protein. How many kcals does it contain?

A) 19

B) 43

C) 81

D) 210

Answer: C

Explanation: 17 g carbohydrates × 4 kcal/g = 68 kcal from carbohydrates

1 g fat × 9 kcal/g = 9 kcal from fat

1 g protein × 4 kcal/g = 4 kcal from protein

68 + 9 + 4 = 81 total kcal

Difficulty: 3 Hard

Section: 01.02

Topic: Nutrition basics; Nutrition computations

Learning Objective: 01.02 Use the physiological fuel values of energy-yielding nutrients to determine the total energy content (calories) in a food or diet.

Bloom's: Apply

Est Time: 0-1 minute

72) One slice of bread contains 18 g carbohydrates, 4 g protein, and 1.5 g fat. Approximately how many kcal are in one slice?

A) 24

B) 94

C) 100

D) 210

Answer: C

Explanation: 18 g carbohydrates × 4 kcal/g = 72 kcal from carbohydrates

4 g protein × 4 kcal/g = 16 kcal from protein

1.5 g fat × 9 kcal/g = 13.5 kcal from fat

72 + 16 + 13.5 = 101.5 = about 100 total kcal

Difficulty: 3 Hard

Section: 01.02

Topic: Nutrition basics; Nutrition computations

Learning Objective: 01.02 Use the physiological fuel values of energy-yielding nutrients to determine the total energy content (calories) in a food or diet.

Bloom's: Apply

Est Time: 0-1 minute

73) If a total of 2000 kcal were consumed (energy came from 250 grams of carbohydrates, 66 grams of fat, and 102 grams of protein), what percentage of energy comes from carbohydrates, fat, and protein?

A) 30% carbohydrate, 50% fat, and 20% protein

B) 50% carbohydrate, 35% fat, and 15% protein

C) 20% carbohydrate, 30% fat, and 50% protein

D) 50% carbohydrate, 30% fat, and 20% protein

Answer: D

Explanation: 250 g carbohydrates × 4 kcal/g = 1000 kcal from carbohydrates / 2000 total kcal = 0.50 = 50% of kcal from carbohydrates

66 g fat × 9 kcal/g = 594 kcal from fat / 2000 total kcal = 0.297 = 30% of kcal from fat

102 g protein × 4 kcal/g = 408 kcal from protein / 2000 total kcal = 0.204 = 20% of kcal from protein

Difficulty: 3 Hard

Section: 01.02

Topic: Nutrition basics; Nutrition computations

Learning Objective: 01.02 Use the physiological fuel values of energy-yielding nutrients to determine the total energy content (calories) in a food or diet.

Bloom's: Apply

Est Time: 0-1 minute

74) Undernutrition can lead to \_\_\_\_\_\_\_\_.

A) depleted nutrient stores

B) possible slowdown in metabolic processes

C) few symptoms in the early stages

D) All of these responses are correct.

Answer: D

Explanation: All responses are correct.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Understand

Est Time: 0-1 minute

75) An example of anthropometric assessment is \_\_\_\_\_\_\_\_.

A) analyzing compounds in the blood

B) assessing the ability to walk

C) measuring skinfold thickness

D) taking a medical history

Answer: C

Explanation: Measuring skinfold thickness is an anthropometric assessment.

Difficulty: 1 Easy

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Remember

Est Time: 0-1 minute

76) Which is a limitation of nutritional assessment?

A) Many signs and symptoms of nutrient deficiency disease are not very specific.

B) Many signs and symptoms of nutrient deficiency disease take a long time to occur.

C) It is hard to link many signs and symptoms to dietary intake.

D) All of these are limitations of nutritional assessment.

E) None of these are limitations of nutritional assessment.

Answer: D

Explanation: All responses are correct.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Understand

Est Time: 0-1 minute

77) Major chronic diseases, such as heart disease, certain cancers, and cirrhosis of the liver, may be related to \_\_\_\_\_\_\_\_.

A) eating a healthy diet

B) eating a poor diet

C) exercising regularly

D) taking nutritional supplements

Answer: B

Explanation: Eating a poor diet is related to many chronic diseases.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Understand

Est Time: 0-1 minute

78) A potential health problem associated with high dietary fat intake is \_\_\_\_\_\_\_\_.

A) cataracts

B) lung cancer

C) colon cancer

D) osteoporosis

Answer: C

Explanation: High intake of dietary fat has been linked to colon cancer.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Understand

Est Time: 0-1 minute

79) A health problem most likely NOT associated with low intake of fruits and vegetables is \_\_\_\_\_\_\_\_.

A) colon cancer

B) liver disease

C) cataracts

D) lung cancer

Answer: B

Explanation: Low intake of fruits and vegetables has been linked to colon cancer, cataracts, and lung cancer.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Understand

Est Time: 0-1 minute

80) What health practices would reduce the risk for chronic diseases?

A) Eating a healthful diet

B) Not smoking and limiting alcohol intake

C) Limiting stress or adjusting the causes of the stress

D) All of these choices are correct.

E) None of these choices are correct.

Answer: D

Explanation: All responses are correct.

Difficulty: 2 Medium

Section: 01.04

Topic: Public health and nutrition

Learning Objective: 01.06 List the attributes of lifestyles that are consistent with Healthy People 2020 goals and those that contribute to the leading causes of death in North America.

Bloom's: Understand

Est Time: 0-1 minute

81) A person genetically at risk for heart disease could potentially delay the onset of this disease by \_\_\_\_\_\_\_\_.

A) getting regular exercise

B) avoiding obesity

C) eating a healthy diet

D) All of these choices are correct.

E) None of these choices are correct.

Answer: D

Explanation: All responses are correct.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutritional genomics

Learning Objective: 01.07 Describe the role of genetics in the development of nutrition-related diseases.

Bloom's: Understand

Est Time: 0-1 minute

82) Which of the following is most likely a dependable source for up-to-date, accurate nutrition information?

A) supplement manufacturer's website

B) registered dietitian/nutritionist

C) health food store manager

D) women's magazine

Answer: B

Explanation: A Registered Dietitian/Nutritionist is most likely the most reliable source of nutrition information from those listed.

Difficulty: 3 Hard

Section: 01.06

Topic: Evaluating nutrition information

Learning Objective: 01.09 Identify reliable sources of nutrition information.

Bloom's: Evaluate

Est Time: 0-1 minute

83) Almost all foods that have fat contain both saturated and unsaturated fats.

Answer: TRUE

Explanation: True statement.

Difficulty: 2 Medium

Section: 01.01

Topic: Triglycerides

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

84) *Trans* fatty acids are most commonly found in deep-fried foods, cookies, crackers, stick margarine, and shortening.

Answer: TRUE

Explanation: True statement.

Difficulty: 2 Medium

Section: 01.01

Topic: Triglycerides

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Understand

Est Time: 0-1 minute

85) Cooking is more likely to destroy fat-soluble vitamins than water-soluble vitamins.

Answer: FALSE

Explanation: Cooking is more likely to destroy WATER-soluble vitamins.

Difficulty: 1 Easy

Section: 01.01

Topic: Nutrition basics

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

86) Omega-3 fatty acids are a type of zoochemical provided by fatty fish.

Answer: TRUE

Explanation: True statement.

Difficulty: 1 Easy

Section: 01.01

Topic: Zoochemicals

Learning Objective: 01.01 Define the terms nutrition, carbohydrates, proteins, lipids (fats and oils), vitamins, minerals, water, and calories.

Bloom's: Remember

Est Time: 0-1 minute

87) Clinical signs generally occur in the early stage of nutrient deficiency.

Answer: FALSE

Explanation: Clinical signs generally are delayed in appearing as a result of nutrient deficiency.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Understand

Est Time: 0-1 minute

88) Family medical history is a major risk factor in the development of many nutrition-related diseases.

Answer: TRUE

Explanation: True statement.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Understand

Est Time: 0-1 minute

89) A person genetically predisposed to a diet-related disease can do little to delay the onset of the disease.

Answer: FALSE

Explanation: A person genetically predisposed to a diet-related disease can do many things and activities to delay the onset of the disease.

Difficulty: 2 Medium

Section: 01.04

Topic: Nutritional genomics

Learning Objective: 01.07 Describe the role of genetics in the development of nutrition-related diseases.

Bloom's: Understand

Est Time: 0-1 minute

90) The study of how a person's genes interact with nutrients is termed \_\_\_\_\_\_\_\_.

A) genetic counseling

B) nutritional genomics

C) genetic metabolomics

D) nutritional nucleic acid pool

Answer: B

Explanation: Definition of nutritional genomics

Difficulty: 1 Easy

Section: 01.04

Topic: Nutritional genomics

Learning Objective: 01.07 Describe the role of genetics in the development of nutrition-related diseases.

Bloom's: Remember

Est Time: 0-1 minute

91) For which of the following titles must the individual be college educated and pass a national examination administered by the Academy of Nutrition and Dietetics?

A) medical doctor

B) registered dietitian/nutritionist

C) certified nutritionist

D) certified nutrition therapist

Answer: B

Explanation: Registered Dietitian/Nutritionists require a college degree in nutrition and must pass a national exam.

Difficulty: 2 Medium

Section: 01.06

Topic: Evaluating nutrition information

Learning Objective: 01.09 Identify reliable sources of nutrition information.

Bloom's: Understand

Est Time: 0-1 minute

92) Which of the following nutritional assessment would best be used to determine if there is a subclinical deficiency present?

A) anthropometric assessment

B) clinical assessment

C) environmental assessment

D) biochemical assessment

Answer: D

Explanation: Biochemical assessment/lab work is necessary to determine subclinical deficiency.

Difficulty: 3 Hard

Section: 01.04

Topic: Nutrition monitoring and assessment

Learning Objective: 01.05 Discuss the components and limitations of nutritional assessment.

Bloom's: Apply

Est Time: 0-1 minute

93) How is a placebo group used in an experiment?

A) All subjects are similar.

B) All subjects receive a treatment.

C) Neither subjects nor researchers know who is receiving treatment.

D) One group of subjects receives a treatment and the other group receives a fake treatment.

Answer: D

Explanation: A placebo is used as a fake treatment in one group when another group receives experimental treatment.

Difficulty: 3 Hard

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Evaluate

Est Time: 0-1 minute

94) A critical evaluation and synthesis of research studies focusing on a specific topic that is useful for health-care providers is a(n)  \_\_\_\_\_\_\_\_.

A) systematic review

B) peer-reviewed journal

C) hypothesis

D) epidemiological study

Answer: A

Explanation: Definition of systemic review.

Difficulty: 2 Medium

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Understand

Est Time: 0-1 minute

95) Which of the following can be used as a tool to help make informed healthcare decisions:

A) e-Library of Evidence for Nutrition Actions

B) USDA Nutrition Evidence Library

C) Evidence Analysis Library

D) Cochrane Collaboration

E) All of the responses are correct

Answer: E

Explanation: All of the responses are correct.

Difficulty: 2 Medium

Section: 01.05

Topic: Scientific method

Learning Objective: 01.08 Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.

Bloom's: Understand

Est Time: 0-1 minute

96) Which of the following cannot add fat to the body?

A) Alcohol

B) Proteins

C) Carbohydrates

D) Inorganic nutrients

Answer: D

Explanation: Inorganic nutrients are referring to minerals, which do not contain calories, so therefore cannot add fat to the body.

Difficulty: 3 Hard

Section: 01.02

Topic: Nutrient functions

Learning Objective: 01.02 Use the physiological fuel values of energy-yielding nutrients to determine the total energy content (calories) in a food or diet.

Bloom's: Apply

Est Time: 0-1 minute

97) Which of the following is the least reputable source of a nutrition claim?

A) Paid spokesperson

B) Author affiliated with nationally recognized university

C) Medical physician

D) Registered dietitian

Answer: A

Explanation: A paid spokesperson is likely biased.

Difficulty: 3 Hard

Section: 01.06

Topic: Evaluating nutrition information

Learning Objective: 01.09 Identify reliable sources of nutrition information.

Bloom's: Analyze

Est Time: 0-1 minute

98) Which of the follow would be considered the best nutritional advice:

A) Recommendations based on a single study.

B) All carbohydrates are "bad."

C) Consume more fruits and vegetables.

D) Use a diet pill for quick weight loss and easy results.

Answer: C

Explanation: Consuming fruits and vegetables is good nutritional advice.

Difficulty: 3 Hard

Section: 01.06

Topic: Evaluating nutrition information

Learning Objective: 01.09 Identify reliable sources of nutrition information.

Bloom's: Evaluate

Est Time: 0-1 minute