Student: _____

1. For student athletes, water is an adequate fluid replacement for events lasting less than _____ minutes.
   _____
2. Consuming five or more alcoholic drinks in a row for men, or four alcoholic drinks or more for women, is considered _____.
   _____
3. The six classes of nutrients include carbohydrates, lipids, proteins, vitamins, minerals, and _____.
   _____
4. One cup of chocolate milk contains 15 grams of carbohydrate, 8 grams of fat, and 8 grams of protein. This cup of milk supplies _____ kcal.
   _____
5. A weight reduction regimen calls for a daily intake of 1,400 kcal and 30 grams of fat. Approximately _____% of the total energy is contributed by fat.
   _____
6. A weight reduction regimen calls for a daily intake of 1,400 kcal and 30 grams of fat. Approximately _____% of the total energy is contributed by fat.
   _____
7. Shelby weighs 70 kilograms, which is _____ pounds.
   _____
8. When in Europe you are told that you are eating a steak weighing 140 grams. This would be _____ ounces.
   _____
9. Pat purchases a 2-liter bottle of root beer. This would be approximately _____ quart(s).
   _____
10. On average, Americans consume approximately _____ % of total kcal as fat.
    _____
11. Carbohydrates, fats, and _____ are nutrients that provide energy.
    _____
12. Nutrients are sorted into three groups: (1) those that provide energy; (2) those that promote growth, development, and maintenance; and (3) those that _____.
    _____
13. Which nutrient makes up 60 percent of the human body?
    _____
    _____
14. Loss of menstrual periods, thinning of bones, gastrointestinal problems, kidney problems, heart abnormalities, and eventually death are serious adverse effects of _____.
    _____

15. The nutrient values on the _____ can be used to calculate calorie content of a food.

    _____

16. The nutrient values on the _____ can be used to calculate calorie content of a food.

    _____

17. The _____ is one important region in the brain that influences whether we eat or not.

    _____

18. Which of the following nutrition-related diseases is ***not*** one of the three leading causes of death in the United States?
    A. Cardiovascular disease
    B. Cancer
    C. Stroke
    D. Diabetes

19. Which of the following is ***not*** a class of nutrient?
    A. Alcohol
    B. Carbohydrates
    C. Lipids
    D. Minerals

20. Which of the following nutrients can directly supply energy for human use?
    A. Lipids and oils
    B. Fiber
    C. Vitamins
    D. Minerals

21. Certain nutrients provide us with energy. Some are important for growth and development. Others act to keep body functions running smoothly. Which of the following does ***not*** promote growth and development?
    A. Lipids
    B. Carbohydrates
    C. Proteins
    D. Minerals

22. What substances, present in fruits and vegetables, provide significant health benefits such as reducing the risk of cancer?
    A. Phytochemicals
    B. Beta blockers
    C. Deoxidizers
    D. Free radicals

23. The *essential* nutrients
    A. must be consumed at every meal.
    B. are required for infants but not adults.
    C. can be made in the body when they are needed.
    D. cannot be made by the body and therefore must be consumed to maintain health.

24. The Food and Nutrition Board (FNB) of the National Academy of Sciences advocates that 10% to 35% of calories come from protein and _____ from carbohydrate.
    A. 20% to 35%
    B. 45% to 65%
    C. 50% to 70%
    D. 55% to 75%

25. Fibers belong to the class of nutrients known as
    A. carbohydrate.
    B. protein.
    C. lipids.
    D. minerals.

26. Which of the following is a characteristic of vitamins?
    A. Provide energy
    B. Become structural components of the body
    C. Enable chemical processes in the body
    D. Made in sufficient quantities by the body

27. Minerals can
    A. provide energy.
    B. be destroyed during cooking.
    C. be degraded by the body.
    D. become part of the body structural systems.

28. Which of the following is *not* a characteristic shared by carbohydrates?
    A. Contain more kcalories than protein
    B. Supply 4 kcalories per gram
    C. Add sweetness to food
    D. Provide a major source of fuel for the body

29. Which of the following is characteristic of lipids?
    A. Supply 4 kcalories per gram
    B. Add structural strength to bones and muscles
    C. Supply a concentrated form of fuel for the body
    D. Add sweetness to food

30. A warning sign or symptom of alcohol poisoning is
    A. semiconsciousness or unconsciousness.
    B. rapid breathing.
    C. skin that is hot to the touch.
    D. insomnia.

31. Gram for gram, which provides the most energy?
    A. Carbohydrates
    B. Proteins
    C. Alcohol
    D. Fats

32. Which of the following is *not* a characteristic of protein?
    A. Major component of body structure
    B. Supplies 4 kcalories per gram
    C. Most significant energy source for humans
    D. Forms enzymes

33. Which of the following yield greater than 4 kcalories per gram?
    A. Plant fats
    B. Plant carbohydrates
    C. Plant proteins
    D. Animal proteins

34. Which of the following is *not* true about water?
    A. Provides energy
    B. Provides a way to transport nutrients and waste
    C. By-product of cell chemical reactions
    D. Dietary need of approximately 9-13 cups per day

35. Which of the following is true about the energy content of nutrients?
    A. Lipids supply 7 kcalories per gram.
    B. Carbohydrates and proteins supply 4 kcalories per gram.
    C. Alcohol supplies 9 kcalories per gram.
    D. Lipids and alcohol supply 9 kcalories per gram.

36. A kcalorie is a measure of
    A. heat energy.
    B. fat in food.
    C. nutrients in food.
    D. sugar and fat in food.

37. A serving of bleu cheese dressing containing 23 grams of fat would yield _____ kcalories.
    A. 161
    B. 92
    C. 207
    D. 255

38. A meal consisting of a cheeseburger, large fries, and a chocolate shake provides a total of 1,120 kcalories, of which 48 percent of the energy is from carbohydrate and 13 percent from protein. How many kcalories of fat does the meal contain?
    A. 137
    B. 313
    C. 287
    D. 437

39. A large hamburger (e.g., Whopper) sandwich contains 628 kcalories and 36 grams of fat. Approximately what percentage of the total energy is contributed by fat?
    A. 23%
    B. 52%
    C. 19%
    D. 41%

40. Which of the following should be limited in the diet because of their effect on blood cholesterol?
    A. Saturated fats
    B. Unsaturated fats
    C. Essential fats
    D. Amino acids

41. Which of the following does ***not*** regulate body processes?
    A. Proteins
    B. Carbohydrates
    C. Water
    D. Vitamins

42. Which of the following are substances in plant foods that are not digested in the stomach or small intestine?
    A. Dextrose
    B. Disaccharides
    C. Dietary fiber
    D. Simple sugars

43. In chemistry terms, which of the following most accurately describes the term *organic*?
    A. Products sold at health food stores
    B. Substances containing energy-yielding nutrients
    C. Substances containing carbon
    D. Products grown without the use of pesticides

44. *Healthy People 2010* was designed to
    A. promote healthful lifestyles and reduce preventable death and disability in all Americans.
    B. disclose dietary practices that best support health.
    C. prevent chronic disease.
    D. eliminate dietary inadequacies and excesses, and to encourage healthful practices.

45. An appropriate attitude toward aging and health is
    A. if I live a healthful lifestyle, I may slow the aging process.
    B. the single most important factor for slowing the aging process is eating a healthful diet.
    C. there is nothing I can do to slow the aging process so I will do whatever is most convenient for me.
    D. I will live life to the fullest and let my family physician tell me when I need to change.

46. Which of the following is true about the North American diet?
    A. Most of our protein comes from plant sources.
    B. Approximately half of our carbohydrates come from simple sugars.
    C. Most of our fats come from plant sources.
    D. Most of our carbohydrates come from starches.

47. The "Freshman 15" is the
    A. typical waist circumference of college students after freshman year.
    B. typical body fat percentage of college students after freshman year.
    C. amount of weight (in pounds) typically gained during freshman year of college.
    D. typical BMI of college students after freshman year.

48. Which of the following contain no calories?
    A. Alcohol
    B. Proteins
    C. Carbohydrates
    D. Vitamins

49. Which of the following is *not* a simple carbohydrate?
    A. Starches
    B. Table sugar
    C. Disaccharides
    D. Monosaccharides

50. Which of the following includes all energy-yielding substances?
    A. Carbohydrates, lipids, protein
    B. Vitamins, minerals, carbohydrates, lipids, protein
    C. Alcohol, carbohydrates, lipids, protein
    D. Carbohydrates, lipids, protein, vitamins, minerals, water

51. Which of the following is *not* a nutrition-related objective from *Healthy People 2010*?
    A. Reduce obesity
    B. Increase fruit intake
    C. Increase grain intake
    D. Increase protein intake

52. Which of the following hormones is made by the fat cells and influences long-term regulation of total fat stores?
    A. Endorphins
    B. Cortisol
    C. Leptin
    D. Neuropeptide Y

53. Which of the following terms describes psychological influences that encourage us to find and eat food?

    A. Appetite
    B. Hunger
    C. Satiety
    D. Obsession

54. Current factors that can influence American food habits negatively are
    A. more offerings of chicken and fish in restaurants as alternatives to beef.
    B. the time-oriented, hurried lifestyle leading to many meals eaten away from home.
    C. the variety of new, low fat products in the supermarket.
    D. more published information on the nutritional content of fast foods.

55. Food eaten away from home now accounts for close to ____ of the American food dollar.
    A. 10%
    B. 25%
    C. 50%
    D. 75%

56.

1. Risk factor	The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen	_____
2. Appetite	Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly	_____
3. Hunger	Heat needed to raise 1 liter of water 1 degree Celsius	_____
4. Hormone	Psychological (external) influences that encourage us to find and eat food	_____
5. Kcalorie	A hormone made by adipose tissue that influences long-term regulation of fat mass	_____
6. Leptin	A neurotransmitter synthesized from the amino acid tryptophan that appears to decrease the desire to eat carbohydrates and to induce sleep	_____
7. Satiety	Compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body	_____
8. Serotonin	Chemical substances in food that contribute to health.	_____
9. Genes	Physiological (internal) drive to find and eat food, mostly regulated by innate cues to eating	_____
10. Minerals	Chemical elements used in the body to promote chemical reactions and to form body structures	_____
11. Nutrients	An aspect of our lives that may make us more likely to develop a disease	_____
12. Phytochemicals	Compound that speeds the rate of a chemical process but is not altered by the process	_____
13. Obesity	State in which there is no longer a desire to eat; a feeling of satisfaction	_____
14. Amino acid	Compound secreted into the bloodstream that acts to control the function of distant cells	_____
15. Enzyme	Hereditary material that provides the blueprints for the production of cell proteins	_____
16. Vitamins	A condition characterized by excess body fat	_____

1 Key

1. For student athletes, water is an adequate fluid replacement for events lasting less than _____ minutes.
60 *or*
sixty

Blooms Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics
Wardlaw - Chapter 01 #1

2. Consuming five or more alcoholic drinks in a row for men, or four alcoholic drinks or more for women, is considered _____.
binge drinking

Blooms Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics
Wardlaw - Chapter 01 #2

3. The six classes of nutrients include carbohydrates, lipids, proteins, vitamins, minerals, and _____.
water *or*
H2O

Blooms Level: Remember
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #3

4. One cup of chocolate milk contains 15 grams of carbohydrate, 8 grams of fat, and 8 grams of protein. This cup of milk supplies _____ kcal.
164 *or*
one hundred sixty-four

15 g carbohydrate x 4 kcal/g = 60 kcal from carbohydrate
8 g fat x 9 kcal/g = 72 kcal from fat
8 g protein x 4 kcal/g = 32 kcal from protein
60 + 72 + 32 = 164 kcal

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #4

5. A weight reduction regimen calls for a daily intake of 1,400 kcal and 30 grams of fat. Approximately _____% of the total energy is contributed by fat.
19 *or*
nineteen *or*
20 *or*
twenty

30 g fat x 9 kcal/g = 270 kcal from fat
270 kcal from fat / 1400 total kcal = 0.19

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #5

6. A weight reduction regimen calls for a daily intake of 1,400 kcal and 30 grams of fat. Approximately _____% of the total energy is contributed by fat.

19 *or*
nineteen *or*
20 *or*
twenty

30 g fat x 9 kcal/g = 270 kcal from fat
270 kcal from fat / 1400 total kcal = 0.19

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #6

7. Shelby weighs 70 kilograms, which is _____ pounds.

154 *or*
one hundred fifty-four

70 kg x 2.2 lb/kg = 154 lb

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #7

8. When in Europe you are told that you are eating a steak weighing 140 grams. This would be _____ ounces.

5 *or*
five

140 g / 28 g/oz = 5 oz

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #8

9. Pat purchases a 2-liter bottle of root beer. This would be approximately _____ quart(s).

2 *or*
two

1 quart is approximately equal to 1 liter (0.946 L).

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #9

10. On average, Americans consume approximately _____ % of total kcal as fat.
33 *or*
thirty-three

Blooms Level: Understand
Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement
Section: 1.05
Topic: Nutrition Basics
Wardlaw - Chapter 01 #10

11. Carbohydrates, fats, and _____ are nutrients that provide energy.
proteins *or*
protein

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #11

12. Nutrients are sorted into three groups: (1) those that provide energy; (2) those that promote growth, development, and maintenance; and (3) those that _____.
regulate body processes *or*
regulate metabolism *or*
regulate processes

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #12

13. Which nutrient makes up 60 percent of the human body?
_____
Water *or*
H2O

Blooms Level: Understand
Figure: 1.01
Section: 1.03
Topic: Nutrition Basics
Wardlaw - Chapter 01 #13

14. Loss of menstrual periods, thinning of bones, gastrointestinal problems, kidney problems, heart abnormalities, and eventually death are serious adverse effects of _____.
eating disorders *or*
anorexia nervosa *or*
anorexia *or*
bulimia nervosa *or*
bulimia

Blooms Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics
Wardlaw - Chapter 01 #14

15. The nutrient values on the _____ can be used to calculate calorie content of a food.
Nutrition Facts label *or*
Nutrition Facts panel

Blooms Level: Remember
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #15

16. The nutrient values on the _____ can be used to calculate calorie content of a food.
Nutrition Facts label *or*
Nutrition Facts panel

Blooms Level: Understand
Figure: 1.02
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #16

17. The _____ is one important region in the brain that influences whether we eat or not.
hypothalamus

Blooms Level: Understand
Figure: 1.03
Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiiences, ethnic customs, health concerns, advertising, social class, and economics
Section: 1.07
Topic: Nutrition Basics
Wardlaw - Chapter 01 #17

18. Which of the following nutrition-related diseases is *not* one of the three leading causes of death in the United States?
A. Cardiovascular disease
B. Cancer
C. Stroke
D. Diabetes

Blooms Level: Understand
Learning Outcome: 1.01 Identify diet and lifestyle factors that contribute to the 10 leading causes of death in North America
Section: 1.01
Topic: Nutrition Basics
Wardlaw - Chapter 01 #18

19. Which of the following is *not* a class of nutrient?
A. Alcohol
B. Carbohydrates
C. Lipids
D. Minerals

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #19

20. Which of the following nutrients can directly supply energy for human use?
A. Lipids and oils
B. Fiber
C. Vitamins
D. Minerals

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #20

21. Certain nutrients provide us with energy. Some are important for growth and development. Others act to keep body functions running smoothly. Which of the following does *not* promote growth and development?
A. Lipids
B. Carbohydrates
C. Proteins
D. Minerals

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #21

22. What substances, present in fruits and vegetables, provide significant health benefits such as reducing the risk of cancer?
A. Phytochemicals
B. Beta blockers
C. Deoxidizers
D. Free radicals

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #22

23. The *essential* nutrients
A. must be consumed at every meal.
B. are required for infants but not adults.
C. can be made in the body when they are needed.
D. cannot be made by the body and therefore must be consumed to maintain health.

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #23

24. The Food and Nutrition Board (FNB) of the National Academy of Sciences advocates that 10% to 35% of calories come from protein and _____ from carbohydrate.
A. 20% to 35%
B. 45% to 65%
C. 50% to 70%
D. 55% to 75%

Blooms Level: Understand
Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement
Section: 1.05
Topic: Nutrition Basics
Wardlaw - Chapter 01 #24

25. Fibers belong to the class of nutrients known as
A. carbohydrate.
B. protein.
C. lipids.
D. minerals.

Blooms Level: Remember
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #25

26. Which of the following is a characteristic of vitamins?
A. Provide energy
B. Become structural components of the body
C. Enable chemical processes in the body
D. Made in sufficient quantities by the body

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #26

27. Minerals can
A. provide energy.
B. be destroyed during cooking.
C. be degraded by the body.
D. become part of the body structural systems.

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #27

28. Which of the following is *not* a characteristic shared by carbohydrates?
A. Contain more kcalories than protein
B. Supply 4 kcalories per gram
C. Add sweetness to food
D. Provide a major source of fuel for the body

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #28

29. Which of the following is characteristic of lipids?
A. Supply 4 kcalories per gram
B. Add structural strength to bones and muscles
C. Supply a concentrated form of fuel for the body
D. Add sweetness to food

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #29

30. A warning sign or symptom of alcohol poisoning is
A. semiconsciousness or unconsciousness.
B. rapid breathing.
C. skin that is hot to the touch.
D. insomnia.

Blooms Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics
Wardlaw - Chapter 01 #30

31. Gram for gram, which provides the most energy?
A. Carbohydrates
B. Proteins
C. Alcohol
D. Fats

Blooms Level: Remember
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.02
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #31

32. Which of the following is *not* a characteristic of protein?
A. Major component of body structure
B. Supplies 4 kcalories per gram
C. Most significant energy source for humans
D. Forms enzymes

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #32

33. Which of the following yield greater than 4 kcalories per gram?
A. Plant fats
B. Plant carbohydrates
C. Plant proteins
D. Animal proteins

Blooms Level: Apply
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #33

34. Which of the following is *not* true about water?
A. Provides energy
B. Provides a way to transport nutrients and waste
C. By-product of cell chemical reactions
D. Dietary need of approximately 9-13 cups per day

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #34

35. Which of the following is true about the energy content of nutrients?
A. Lipids supply 7 kcalories per gram.
B. Carbohydrates and proteins supply 4 kcalories per gram.
C. Alcohol supplies 9 kcalories per gram.
D. Lipids and alcohol supply 9 kcalories per gram.

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #35

36. A kcalorie is a measure of
A. heat energy.
B. fat in food.
C. nutrients in food.
D. sugar and fat in food.

Blooms Level: Understand
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #36

37. A serving of bleu cheese dressing containing 23 grams of fat would yield _____ kcalories.
A. 161
B. 92
C. 207
D. 255

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #37

38. A meal consisting of a cheeseburger, large fries, and a chocolate shake provides a total of 1,120 kcalories, of which 48 percent of the energy is from carbohydrate and 13 percent from protein. How many kcalories of fat does the meal contain?
A. 137
B. 313
C. 287
D. 437

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #38

39. A large hamburger (e.g., Whopper) sandwich contains 628 kcalories and 36 grams of fat. Approximately what percentage of the total energy is contributed by fat?
A. 23%
B. 52%
C. 19%
D. 41%

Blooms Level: Apply
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #39

40. Which of the following should be limited in the diet because of their effect on blood cholesterol?
A. Saturated fats
B. Unsaturated fats
C. Essential fats
D. Amino acids

Blooms Level: Understand
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.06
Topic: Nutrition Basics
Wardlaw - Chapter 01 #40

41. Which of the following does *not* regulate body processes?
A. Proteins
B. Carbohydrates
C. Water
D. Vitamins

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #41

42. Which of the following are substances in plant foods that are not digested in the stomach or small intestine?
A. Dextrose
B. Disaccharides
C. Dietary fiber
D. Simple sugars

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #42

43. In chemistry terms, which of the following most accurately describes the term *organic*?
A. Products sold at health food stores
B. Substances containing energy-yielding nutrients
C. Substances containing carbon
D. Products grown without the use of pesticides

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #43

44. *Healthy People 2010* was designed to
A. promote healthful lifestyles and reduce preventable death and disability in all Americans.
B. disclose dietary practices that best support health.
C. prevent chronic disease.
D. eliminate dietary inadequacies and excesses, and to encourage healthful practices.

Blooms Level: Understand
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.06
Topic: Nutrition Basics
Wardlaw - Chapter 01 #44

45. An appropriate attitude toward aging and health is
A. if I live a healthful lifestyle, I may slow the aging process.
B. the single most important factor for slowing the aging process is eating a healthful diet.
C. there is nothing I can do to slow the aging process so I will do whatever is most convenient for me.
D. I will live life to the fullest and let my family physician tell me when I need to change.

Blooms Level: Apply
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.06
Topic: Nutrition Basics
Wardlaw - Chapter 01 #45

46. Which of the following is true about the North American diet?
A. Most of our protein comes from plant sources.
B. Approximately half of our carbohydrates come from simple sugars.
C. Most of our fats come from plant sources.
D. Most of our carbohydrates come from starches.

Blooms Level: Understand
Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement
Section: 1.05
Topic: Nutrition Basics
Wardlaw - Chapter 01 #46

47. The "Freshman 15" is the
A. typical waist circumference of college students after freshman year.
B. typical body fat percentage of college students after freshman year.
C. amount of weight (in pounds) typically gained during freshman year of college.
D. typical BMI of college students after freshman year.

Blooms Level: Understand
Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students
Section: Nutrition and Your Health Eating Well in College
Topic: Nutrition Basics
Wardlaw - Chapter 01 #47

48. Which of the following contain no calories?
A. Alcohol
B. Proteins
C. Carbohydrates
D. Vitamins

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #48

49. Which of the following is *not* a simple carbohydrate?
A. Starches
B. Table sugar
C. Disaccharides
D. Monosaccharides

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Topic: Nutrition Basics
Wardlaw - Chapter 01 #49

50. Which of the following includes all energy-yielding substances?
A. Carbohydrates, lipids, protein
B. Vitamins, minerals, carbohydrates, lipids, protein
C. Alcohol, carbohydrates, lipids, protein
D. Carbohydrates, lipids, protein, vitamins, minerals, water

Blooms Level: Understand
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Section: 1.02
Section: 1.04
Topic: Nutrition Basics
Wardlaw - Chapter 01 #50

51. Which of the following is *not* a nutrition-related objective from *Healthy People 2010*?
A. Reduce obesity
B. Increase fruit intake
C. Increase grain intake
D. Increase protein intake

Blooms Level: Understand
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention
Section: 1.06
Topic: Nutrition Basics
Wardlaw - Chapter 01 #51

52. Which of the following hormones is made by the fat cells and influences long-term regulation of total fat stores?
A. Endorphins
B. Cortisol
C. Leptin
D. Neuropeptide Y

Blooms Level: Understand
Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiiences, ethnic customs, health concerns, advertising, social class, and economics
Section: 1.07
Topic: Nutrition Basics
Wardlaw - Chapter 01 #52

53. Which of the following terms describes psychological influences that encourage us to find and eat food?
A. Appetite
B. Hunger
C. Satiety
D. Obsession

Blooms Level: Understand
Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiiences, ethnic customs, health concerns, advertising, social class, and economics
Section: 1.07
Topic: Nutrition Basics
Wardlaw - Chapter 01 #53

54. Current factors that can influence American food habits negatively are
A. more offerings of chicken and fish in restaurants as alternatives to beef.
B. the time-oriented, hurried lifestyle leading to many meals eaten away from home.
C. the variety of new, low fat products in the supermarket.
D. more published information on the nutritional content of fast foods.

Figure: 1.04
Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiiences, ethnic customs, health concerns, advertising, social class, and economics
Section: 1.05
Section: 1.06
Topic: Nutrition Basics
Wardlaw - Chapter 01 #54

55. Food eaten away from home now accounts for close to ____ of the American food dollar.
A. 10%
B. 25%
C. 50%
D. 75%

Blooms Level: Understand
Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiiences, ethnic customs, health concerns, advertising, social class, and economics
Section: 1.07
Topic: Nutrition Basics
Wardlaw - Chapter 01 #55

56.

1. Risk factor	The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen	**14**
2. Appetite	Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly	**12**
3. Hunger	Heat needed to raise 1 liter of water 1 degree Celsius	**5**
4. Hormone	Psychological (external) influences that encourage us to find and eat food	**2**
5. Kcalorie	A hormone made by adipose tissue that influences long-term regulation of fat mass	**6**
6. Leptin	A neurotransmitter synthesized from the amino acid tryptophan that appears to decrease the desire to eat carbohydrates and to induce sleep	**8**
7. Satiety	Compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body	**16**
8. Serotonin	Chemical substances in food that contribute to health.	**11**
9. Genes	Physiological (internal) drive to find and eat food, mostly regulated by innate cues to eating	**3**
10. Minerals	Chemical elements used in the body to promote chemical reactions and to form body structures	**10**
11. Nutrients	An aspect of our lives that may make us more likely to develop a disease	**1**
12. Phytochemicals	Compound that speeds the rate of a chemical process but is not altered by the process	**15**
13. Obesity	State in which there is no longer a desire to eat; a feeling of satisfaction	**7**
14. Amino acid	Compound secreted into the bloodstream that acts to control the function of distant cells	**4**
15. Enzyme	Hereditary material that provides the blueprints for the production of cell proteins	**9**
16. Vitamins	A condition characterized by excess body fat	**13**

Blooms Level: Understand
Learning Outcome: 1.01 Identify diet and lifestyle factors that contribute to the 10 leading causes of death in North America
Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber
Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiiences, ethnic customs, health concerns, advertising, social class, and economics
Section: 1.01
Section: 1.02
Section: 1.03
Section: 1.07
Topic: Nutrition Basics
Wardlaw - Chapter 01 #56

1 Summary

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Figure: 1.02	1
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Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber	25
Learning Outcome: 1.03 Determine the total calories (kcal) of a food or diet using the weight and calorie content of the energy-yielding nutrients and use the basic units of the metric system to calculate percentages, such as percent of calories from fat in a diet	11
Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention	6
Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement	3
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