

ch1

Student: _____

1. The science of food; the nutrients and substances therein; 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.
2. The leading cause of death in the United States is
 - A. heart disease.
 - B. homicide.
 - C. suicide.
 - D. cancer.
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.
4. Which is not a characteristic of essential nutrients?
 - 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. It prevents nutrient deficiencies and chronic diseases.
5. 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.
6. 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
7. Sugars, starches, and dietary fibers are examples of
 - A. proteins.
 - B. vitamins.
 - C. carbohydrates.
 - D. minerals.

8. The primary dietary source of carbohydrates are
- A. grains
 - B. fruits
 - C. vegetables
 - D. grains, fruits, and vegetables
9. Which is not a complex carbohydrate?
- A. glycogen
 - B. glucose
 - C. fiber
 - D. starch
10. Macronutrients are needed in _____ quantities in the diet.
- A. gram
 - B. milligram
 - C. microgram
11. 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.
 - E. both sugars, starches, and fibers and inorganic molecules regulating chemical reactions and comprising part of some body structures.
12. 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.
13. Complex carbohydrates not broken down by digestive processes are
- A. dietary bulk.
 - B. soluble and insoluble fibers.
 - C. dietary fiber.
 - D. dietary carbohydrates.
14. Glucose is classified as a
- A. simple sugar.
 - B. dietary starch.
 - C. polysaccharide.
 - D. dietary fiber.
15. A triglyceride is an example of a
- A. protein.
 - B. carbohydrate.
 - C. lipid.
 - D. vitamin.

16. 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.
 - E. mostly fats and oils and made of building blocks called amino acids.
17. 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. Provide 9 calories per gram.
 - E. All answers are true.
18. Which is true about essential fatty acids?
- A. They must be supplied by the diet.
 - B. They help regulate blood pressure.
 - C. They are found primarily in deep-fried foods.
 - D. They must be supplied by the diet, and they help regulate blood pressure
19. The major form of lipid in foods is a
- A. triglyceride.
 - B. amino acid.
 - C. fatty acid.
 - D. glycerol.
20. Which element is found in protein, but not in carbohydrate?
- A. Nitrogen
 - B. Carbon
 - C. Hydrogen
 - D. Oxygen
21. The main structural material of the body is
- A. lipid
 - B. carbohydrate
 - C. protein
 - D. minerals
22. Proteins are formed by linking together
- A. fatty acids.
 - B. amino acids.
 - C. glycerols.
 - D. nitrogen groups.
23. 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.

24. 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.
25. 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.
26. Which nutrients are organic compounds?
- A. Water and carbohydrates
 - B. Carbohydrates and protein
 - C. Fats and minerals
 - D. Water and minerals
27. Which nutrients are inorganic substances?
- A. Vitamin A
 - B. Zinc
 - C. Protein
 - D. Thiamin
28. Which nutrients do not provide energy?
- A. Water and carbohydrate
 - B. Minerals and vitamins
 - C. Vitamins and protein
 - D. Water, minerals, and lipids
29. Which is a trace mineral?
- A. Sodium
 - B. Calcium
 - C. Iron
 - D. Potassium
30. Minerals are needed for
- A. metabolic processes.
 - B. functioning of the nervous system.
 - C. water balance and structural systems.
 - D. All of these choices are correct.
31. Which is not true of water?
- A. It is a medium for transporting nutrients throughout the body.
 - B. It is an organic an organic substance.
 - C. It is the nutrient needed in the largest quantity.
 - D. It acts a lubricant in the body.

32. A vital component of the body, acting as a solvent, lubricant, temperature regulator, and transport medium for body wastes, is
- A. fat.
 - B. carbohydrate.
 - C. protein
 - D. water.
33. Energy trapped 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.
34. 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.
35. Which of the following indicates a food that provides health benefits beyond the vitamins and minerals it contains?
- A. Functional food
 - B. Formative food
 - C. Phytonutrient
 - D. Probiotic
36. A snack bar contains about 17 grams of carbohydrate, 1 gram of fat, and 1 gram of protein. How many kcalories would it contain?
- A. 19
 - B. 43
 - C. 81
 - D. 210
37. "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
38. Two slices of bread contain 22 g CHO, 4 g PRO, and 1.5 g fat. Approximately how many kcalories are in one slice?
- A. 57
 - B. 106
 - C. 118
 - D. 126

39. If a total of 2000 kcal a day were consumed (250 grams from carbohydrate, 66 grams from fat, and 102 grams from protein), what percentage of energy comes from carbohydrate, 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
40. In North America, the main source of protein is
- A. rice, beans, and corn
 - B. meat and pasta
 - C. meat, seafood, and dairy products
 - D. pasta, breads, and potatoes
41. 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.
42. Most North Americans could improve their diets by
- A. eating more vitamin A and E rich foods.
 - B. increasing sodium intake.
 - C. lowering iron and calcium intake.
 - D. eating fewer whole-grain breads.
43. In North American, food choices are guided mainly by
- A. hunger.
 - B. the physiological desire for food.
 - C. appetite.
 - D. culture.
44. Which factor teaches individuals the foods that are considered proper or appropriate to eat?
- A. food marketing
 - B. lifestyle
 - C. education and occupation
 - D. culture
45. Which factors affect food choice?
- A. Social needs
 - B. Food cost
 - C. Food marketing
 - D. Lifestyle
 - E. All of the answers are correct.
46. 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.

47. Undernutrition can lead to
- A. depleted nutrient stores.
 - B. slow down in metabolic processes.
 - C. few symptoms in the early stages.
 - D. all answers are correct.
48. Dietary issues that Healthy People 2010 addresses include
- A. high fat intake, high vitamin A intake, and obesity.
 - B. obesity, high calcium intake, and low sodium intake.
 - C. low vegetable intake, low-calcium intake, and obesity.
 - D. high fat intake, high protein intake, and elevated blood cholesterol.
49. The main objective of Healthy People 2010 is to
- A. promote healthful lifestyles and reduce preventable death and disease.
 - B. promote weight loss and vegetable intake.
 - C. promote intake of minerals among those age 2 years and older.
 - D. promote intake of fruits, vegetables, and whole grains.
50. 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
51. An environmental assessment includes studying a person's
- A. education and economic background.
 - B. family medical history.
 - C. usual dietary intake.
 - D. medication use.
52. An evaluation of nutritional health includes
- A. anthropometric measurements.
 - B. dietary assessment.
 - C. biochemical assessment.
 - D. medical history.
 - E. all answers are correct.
53. 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 answers are limitations.
54. 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.

55. A health problem associated with high dietary fat intake is
- A. cataracts.
 - B. lung cancer.
 - C. colon cancer.
 - D. osteoporosis.
56. A health problem not associated with low intake of fruits and vegetables is
- A. colon cancer
 - B. liver disease
 - C. cataracts
 - D. lung cancer
57. What health practices would reduce 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 choices are correct.
58. _____ dictates the types and amounts of nutrients in food that will be transformed and reassembled into body structures and compounds.
- A. deoxyribonucleic acids
 - B. genes
 - C. cell proteins
 - D. dietary choices
59. A person genetically at risk for heart disease, could delay the onset of this disease by
- A. getting regular exercise.
 - B. avoiding obesity.
 - C. eating a healthy diet.
 - D. no answers are correct--it is not possible to alter genetic risk for diet-related diseases.
 - E. getting regular exercise, avoiding obesity, and eating a healthy diet all can delay disease onset.
60. Scientists observe physical phenomena and try to explain these causes in
- A. laws.
 - B. models.
 - C. theories.
 - D. hypotheses.
61. The study of the distribution of disease in human populations is
- A. epidemiology.
 - B. dermatology.
 - C. statistics.
 - D. biometry.
62. 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.

63. An inert substance with no biological activity or a fake medicine that is used in controlled experiments is called
- A. a placebo.
 - B. a "blind" substance.
 - C. a "double-blind" substance.
 - D. a controlled substance.
64. 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.
65. In a double-blind study, who knows which participants are getting the real or the placebo treatment?
- A. only the researchers
 - B. only the participants
 - C. only an independent third party
 - D. both the researchers and participants
66. The most dependable sources for up-to-date, accurate nutrition information are
- A. peer-reviewed journals.
 - B. registered dietitians.
 - C. health food store managers.
 - D. women's magazines.
 - E. both peer-reviewed journals and registered dietitians .
67. Blood has all of the following functions except
- A. nutrient transport.
 - B. heat transfer.
 - C. clotting.
 - D. hormone production.
 - E. pH buffering.
68. Perceptions are derived from higher-order processing of sensory information.
- True False
69. Polysaccharides are also called simple carbohydrates.
- True False
70. A micronutrient is a substance that cannot be separated into simpler substances by chemical process.
- True False
71. The term "fats" refers to lipids that are liquid at room temperature.
- True False
72. Almost all foods contain both saturated and unsaturated fats.
- True False

73. *Trans* fatty acids are found mostly in deep-fried foods, cookies, crackers, stick margarine, and shortening.
True False
74. Cooking is more likely to destroy fat-soluble vitamins than water-soluble vitamins.
True False
75. Vitamins can be divided into 3 groups: water-soluble, fat-soluble, and alcohol-soluble.
True False
76. Water-soluble vitamins are excreted more readily than fat-soluble vitamins.
True False
77. Phytochemicals are physiologically active compounds considered essential nutrients.
True False
78. Zoochemicals are physiologically active compounds found in plants.
True False
79. Omega-3 fatty acids are a type of zoochemical provided by fatty fish.
True False
80. Kilojoules and kilocalories both measure heat.
True False
81. One kilojoule is equal to 4.18 kilocalories.
True False
82. Clinical signs occur in the early stage of nutrient deficiency.
True False
83. A clinical sign of a nutrient deficiency is one that is not apparent to a health-care provider, such as aches and pains.
True False
84. Overnutrition can lead to excess stores of nutrients.
True False
85. People in the United States today are more at risk for overnutrition than undernutrition.
True False
86. A poor diet is a risk factor for the major chronic diseases seen today.
True False

87. Family medical history is a major risk factor in the development of many nutrition-related diseases.
True False
88. A person genetically predisposed to a diet-related disease can do little to delay the onset of the disease.
True False
89. In the future, gene therapy may help to treat inherited diseases.
True False
90. An animal model is a disease in laboratory animals that closely mimics a human disease.
True False
91. In the U.S., dietary supplements are rigorously regulated by the Food and Drug Administration.
True False
92. Supplement manufacturers must prove the supplement is safe before they can sell it in the U.S.
True False
93. Match the energy level per gram with the nutrient
- | | | |
|-----------------|----------|-------|
| 1. Vitamins | 4 kcal/g | _____ |
| 2. Carbohydrate | 9 kcal/g | _____ |
| 3. Alcohol | 4 kcal/g | _____ |
| 4. Minerals | 0 kcal/g | _____ |
| 5. Fat | 0 kcal/g | _____ |
| 6. Water | 7 kcal/g | _____ |
| 7. Protein | 0 kcal/g | _____ |
94. Define the term nutrient.
95. Of the top 10 leading causes of death in the United States, which are not related to nutrition?

96. List the 6 major nutrients important to our health and put an "O" by those that are organic and an "I" by those that are inorganic.
97. What nutrients are important for growth and development?
98. An 18-year-old male had a daily intake of 2500 kcal; 50% were from carbohydrates, 20% from proteins, and 30% from fats. How many grams of carbohydrate, protein, and fat did he consume?
99. List 5 foods typically eaten by college students and indicate what factors influence these food selections.
100. Define Healthy People 2010; name and discuss 4 dietary goals this plan addresses.

101. What is the difference between hypothesis and theory?

102. What is the difference between a double blind and a case-control study?

103. List 3 questions you might have when reading a product's health claim.

ch1 Key

1. The science of food; the nutrients and substances therein; 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #1
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

2. The leading cause of death in the United States is

- A.** heart disease.
- B. homicide.
- C. suicide.
- D. cancer.

*numbered a head: EMPTY
Byrd - Chapter 01 #2
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.7
scrambling: EMPTY*

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.

*numbered a head: EMPTY
Byrd - Chapter 01 #3
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

4. Which is not a characteristic of essential nutrients?

- 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.** It prevents nutrient deficiencies and chronic diseases.

*numbered a head: EMPTY
Byrd - Chapter 01 #4
Level of Difficulty: Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

5. 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.

numbered a head: EMPTY
Byrd - Chapter 01 #5
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

6. 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

numbered a head: EMPTY
Byrd - Chapter 01 #6
Level of Difficulty: Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1

7. Sugars, starches, and dietary fibers are examples of
- A. proteins.
 - B. vitamins.
 - C.** carbohydrates.
 - D. minerals.

numbered a head: EMPTY
Byrd - Chapter 01 #7
Level of Difficulty: Knowledge
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

8. The primary dietary source of carbohydrates are
- A. grains
 - B. fruits
 - C. vegetables
 - D.** grains, fruits, and vegetables

numbered a head: EMPTY
Byrd - Chapter 01 #8
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

9. Which is not a complex carbohydrate?
- A. glycogen
 - B.** glucose
 - C. fiber
 - D. starch

numbered a head: EMPTY
Byrd - Chapter 01 #9
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

10. Macronutrients are needed in ____ quantities in the diet.

- A. gram
- B. milligram
- C. microgram

*numbered a head: EMPTY
Byrd - Chapter 01 #10
Level of Difficulty: Knowledge
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

11. 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.
- E. both sugars, starches, and fibers and inorganic molecules regulating chemical reactions and comprising part of some body structures.

*numbered a head: EMPTY
Byrd - Chapter 01 #11
Level of Difficulty: Knowledge
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

12. 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #12
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

13. Complex carbohydrates not broken down by digestive processes are

- A. dietary bulk.
- B. soluble and insoluble fibers.
- C. dietary fiber.
- D. dietary carbohydrates.

*numbered a head: EMPTY
Byrd - Chapter 01 #13
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

14. Glucose is classified as a

- A. simple sugar.
- B. dietary starch.
- C. polysaccharide.
- D. dietary fiber.

*numbered a head: EMPTY
Byrd - Chapter 01 #14
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

15. A triglyceride is an example of a

- A. protein.
- B. carbohydrate.
- C. lipid.
- D. vitamin.

*numbered a head: EMPTY
Byrd - Chapter 01 #15
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

16. 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.
- E. mostly fats and oils and made of building blocks called amino acids.

*numbered a head: EMPTY
Byrd - Chapter 01 #16
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

17. 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. Provide 9 calories per gram.
- E. All answers are true.

*numbered a head: EMPTY
Byrd - Chapter 01 #17
Level of Difficulty: Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1*

18. Which is true about essential fatty acids?
- A. They must be supplied by the diet.
 - B. They help regulate blood pressure.
 - C. They are found primarily in deep-fried foods.
 - D.** They must be supplied by the diet, and they help regulate blood pressure

*numbered a head: EMPTY
Byrd - Chapter 01 #18
Level of Difficulty: Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

19. The major form of lipid in foods is a
- A.** triglyceride.
 - B. amino acid.
 - C. fatty acid.
 - D. glycerol.

*numbered a head: EMPTY
Byrd - Chapter 01 #19
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

20. Which element is found in protein, but not in carbohydrate?
- A.** Nitrogen
 - B. Carbon
 - C. Hydrogen
 - D. Oxygen

*numbered a head: EMPTY
Byrd - Chapter 01 #20
Level of Difficulty: Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

21. The main structural material of the body is
- A. lipid
 - B. carbohydrate
 - C.** protein
 - D. minerals

*numbered a head: EMPTY
Byrd - Chapter 01 #21
Level of Difficulty: Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

22. Proteins are formed by linking together

- A. fatty acids.
- B.** amino acids.
- C. glycerols.
- D. nitrogen groups.

numbered a head: EMPTY
Byrd - Chapter 01 #22
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

23. 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.

numbered a head: EMPTY
Byrd - Chapter 01 #23
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

24. 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.

numbered a head: EMPTY
Byrd - Chapter 01 #24
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

25. 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.

numbered a head: EMPTY
Byrd - Chapter 01 #25
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

26. Which nutrients are organic compounds?

- A. Water and carbohydrates
- B. Carbohydrates and protein**
- C. Fats and minerals
- D. Water and minerals

numbered a head: EMPTY
Byrd - Chapter 01 #26
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

27. Which nutrients are inorganic substances?

- A. Vitamin A
- B. Zinc**
- C. Protein
- D. Thiamin

numbered a head: EMPTY
Byrd - Chapter 01 #27
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

28. Which nutrients do not provide energy?

- A. Water and carbohydrate
- B. Minerals and vitamins**
- C. Vitamins and protein
- D. Water, minerals, and lipids

numbered a head: EMPTY
Byrd - Chapter 01 #28
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

29. Which is a trace mineral?

- A. Sodium
- B. Calcium
- C. Iron**
- D. Potassium

numbered a head: EMPTY
Byrd - Chapter 01 #29
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

30. Minerals are needed for

- A. metabolic processes.
- B. functioning of the nervous system.
- C. water balance and structural systems.
- D. All of these choices are correct.**

numbered a head: EMPTY
Byrd - Chapter 01 #30
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1

31. Which is not true of water?
- A. It is a medium for transporting nutrients throughout the body.
 - B.** It is an organic an organic substance.
 - C. It is the nutrient needed in the largest quantity.
 - D. It acts a lubricant in the body.

*numbered a head: EMPTY
Byrd - Chapter 01 #31
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

32. A vital component of the body, acting as a solvent, lubricant, temperature regulator, and transport medium for body wastes, is
- A. fat.
 - B. carbohydrate.
 - C. protein
 - D.** water.

*numbered a head: EMPTY
Byrd - Chapter 01 #32
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

33. Energy trapped 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #33
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.2
Student Learning Outcome: SLO 1.1*

34. 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #34
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.2
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

35. Which of the following indicates a food that provides health benefits beyond the vitamins and minerals it contains?

- A. Functional food
- B. Formative food
- C. Phytonutrient**
- D. Probiotic

*numbered a head: EMPTY
Byrd - Chapter 01 #35
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.2
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

36. A snack bar contains about 17 grams of carbohydrate, 1 gram of fat, and 1 gram of protein. How many kcalories would it contain?

- A. 19
- B. 43
- C. 81**
- D. 210

*numbered a head: EMPTY
Byrd - Chapter 01 #36
Level of Difficulty: Application
Numbered A Head: Section 1.2
Student Learning Outcome: SLO 1.2
scrambling: EMPTY*

37. "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

*numbered a head: EMPTY
Byrd - Chapter 01 #37
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.2
Student Learning Outcome: SLO 1.2
scrambling: EMPTY*

38. Two slices of bread contain 22 g CHO, 4 g PRO, and 1.5 g fat. Approximately how many kcalories are in one slice?

- A. 57
- B. 106
- C. 118**
- D. 126

*numbered a head: EMPTY
Byrd - Chapter 01 #38
Level of Difficulty: Application
Numbered A Head: Section 1.2
Student Learning Outcome: SLO 1.2
scrambling: EMPTY*

39. If a total of 2000 kcal a day were consumed (250 grams from carbohydrate, 66 grams from fat, and 102 grams from protein), what percentage of energy comes from carbohydrate, 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

*numbered a head: EMPTY
Byrd - Chapter 01 #39
Level of Difficulty: Application
Numbered A Head: Section 1.2
Student Learning Outcome: SLO 1.2
scrambling: EMPTY*

40. In North America, the main source of protein is
- A. rice, beans, and corn
 - B. meat and pasta
 - C.** meat, seafood, and dairy products
 - D. pasta, breads, and potatoes

*numbered a head: EMPTY
Byrd - Chapter 01 #40
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.3
Student Learning Outcome: SLO 1.3
scrambling: EMPTY*

41. 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #41
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.3
Student Learning Outcome: SLO 1.3
scrambling: EMPTY*

42. Most North Americans could improve their diets by
- A.** eating more vitamin A and E rich foods.
 - B. increasing sodium intake.
 - C. lowering iron and calcium intake.
 - D. eating fewer whole-grain breads.

*numbered a head: EMPTY
Byrd - Chapter 01 #42
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.3
Student Learning Outcome: SLO 1.3
scrambling: EMPTY*

43. In North American, food choices are guided mainly by

- A. hunger.
- B. the physiological desire for food.
- C.** appetite.
- D. culture.

*numbered a head: EMPTY
Byrd - Chapter 01 #43
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.3
Student Learning Outcome: SLO 1.4
scrambling: EMPTY*

44. Which factor teaches individuals the foods that are considered proper or appropriate to eat?

- A. food marketing
- B. lifestyle
- C. education and occupation
- D.** culture

*numbered a head: EMPTY
Byrd - Chapter 01 #44
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.3
Student Learning Outcome: SLO 1.4
scrambling: EMPTY*

45. Which factors affect food choice?

- A. Social needs
- B. Food cost
- C. Food marketing
- D. Lifestyle
- E.** All of the answers are correct.

*numbered a head: EMPTY
Byrd - Chapter 01 #45
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.3
Student Learning Outcome: SLO 1.4*

46. 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #46
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.4
Student Learning Outcome: SLO 1.5
scrambling: EMPTY*

47. Undernutrition can lead to
- A. depleted nutrient stores.
 - B. slow down in metabolic processes.
 - C. few symptoms in the early stages.
 - D.** all answers are correct.

*numbered a head: EMPTY
Byrd - Chapter 01 #47
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.4
Student Learning Outcome: SLO 1.5*

48. Dietary issues that Healthy People 2010 addresses include
- A. high fat intake, high vitamin A intake, and obesity.
 - B. obesity, high calcium intake, and low sodium intake.
 - C.** low vegetable intake, low-calcium intake, and obesity.
 - D. high fat intake, high protein intake, and elevated blood cholesterol.

*numbered a head: EMPTY
Byrd - Chapter 01 #48
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.4
Student Learning Outcome: SLO 1.6
scrambling: EMPTY*

49. The main objective of Healthy People 2010 is to
- A.** promote healthful lifestyles and reduce preventable death and disease.
 - B. promote weight loss and vegetable intake.
 - C. promote intake of minerals among those age 2 years and older.
 - D. promote intake of fruits, vegetables, and whole grains.

*numbered a head: EMPTY
Byrd - Chapter 01 #49
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.4
Student Learning Outcome: SLO 1.6
scrambling: EMPTY*

50. 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

*numbered a head: EMPTY
Byrd - Chapter 01 #50
Level of Difficulty: Application/Analysis
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.6
scrambling: EMPTY*

51. An environmental assessment includes studying a person's
- A.** education and economic background.
 - B. family medical history.
 - C. usual dietary intake.
 - D. medication use.

*numbered a head: EMPTY
Byrd - Chapter 01 #51
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.6
scrambling: EMPTY*

52. An evaluation of nutritional health includes

- A. anthropometric measurements.
- B. dietary assessment.
- C. biochemical assessment.
- D. medical history.
- E.** all answers are correct.

*numbered a head: EMPTY
Byrd - Chapter 01 #52
Level of Difficulty: Comprehension
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.6*

53. 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 answers are limitations.

*numbered a head: EMPTY
Byrd - Chapter 01 #53
Level of Difficulty: Comprehension
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.6*

54. 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #54
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.7
scrambling: EMPTY*

55. A health problem associated with high dietary fat intake is

- A. cataracts.
- B. lung cancer.
- C.** colon cancer.
- D. osteoporosis.

*numbered a head: EMPTY
Byrd - Chapter 01 #55
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.7
scrambling: EMPTY*

56. A health problem not associated with low intake of fruits and vegetables is

- A. colon cancer
- B.** liver disease
- C. cataracts
- D. lung cancer

numbered a head: EMPTY
Byrd - Chapter 01 #56
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.7
scrambling: EMPTY

57. What health practices would reduce 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 choices are correct.

numbered a head: EMPTY
Byrd - Chapter 01 #57
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.7

58. _____ dictates the types and amounts of nutrients in food that will be transformed and reassembled into body structures and compounds.

- A. deoxyribonucleic acids
- B.** genes
- C. cell proteins
- D. dietary choices

numbered a head: EMPTY
Byrd - Chapter 01 #58
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.8
scrambling: EMPTY

59. A person genetically at risk for heart disease, could delay the onset of this disease by

- A. getting regular exercise.
- B. avoiding obesity.
- C. eating a healthy diet.
- D. no answers are correct--it is not possible to alter genetic risk for diet-related diseases.
- E.** getting regular exercise, avoiding obesity, and eating a healthy diet all can delay disease onset.

numbered a head: EMPTY
Byrd - Chapter 01 #59
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.8
scrambling: EMPTY

60. Scientists observe physical phenomena and try to explain these causes in

- A. laws.
- B. models.
- C. theories.
- D.** hypotheses.

*numbered a head: EMPTY
Byrd - Chapter 01 #60
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.9
scrambling: EMPTY*

61. The study of the distribution of disease in human populations is

- A. epidemiology.
- B. dermatology.
- C. statistics.
- D.** biometry.

*numbered a head: EMPTY
Byrd - Chapter 01 #61
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.9
scrambling: EMPTY*

62. 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #62
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.9
scrambling: EMPTY*

63. An inert substance with no biological activity or a fake medicine that is used in controlled experiments is called

- A.** a placebo.
- B. a "blind" substance.
- C. a "double-blind" substance.
- D. a controlled substance.

*numbered a head: EMPTY
Byrd - Chapter 01 #63
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.9
scrambling: EMPTY*

64. 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.

*numbered a head: EMPTY
Byrd - Chapter 01 #64
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.9
scrambling: EMPTY*

65. In a double-blind study, who knows which participants are getting the real or the placebo treatment?
- A. only the researchers
 - B. only the participants
 - C.** only an independent third party
 - D. both the researchers and participants

*numbered a head: EMPTY
Byrd - Chapter 01 #65
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.9
scrambling: EMPTY*

66. The most dependable sources for up-to-date, accurate nutrition information are
- A. peer-reviewed journals.
 - B. registered dietitians.
 - C. health food store managers.
 - D. women's magazines.
 - E.** both peer-reviewed journals and registered dietitians .

*numbered a head: EMPTY
Byrd - Chapter 01 #66
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.7
Student Learning Outcome: SLO 1.10
scrambling: EMPTY*

67. Blood has all of the following functions except
- A. nutrient transport.
 - B. heat transfer.
 - C. clotting.
 - D.** hormone production.
 - E. pH buffering.

*numbered a head: EMPTY
Byrd - Chapter 01 #67
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 8.2
scrambling: EMPTY*

68. Perceptions are derived from higher-order processing of sensory information.

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #68
Level of Difficulty: Analysis/Synthesis
Numbered A Head: Section 1.8
Student Learning Outcome: SLO 8.8
scrambling: EMPTY*

69. Polysaccharides are also called simple carbohydrates.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #69
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

70. A micronutrient is a substance that cannot be separated into simpler substances by chemical process.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #70
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

71. The term "fats" refers to lipids that are liquid at room temperature.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #71
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

72. Almost all foods contain both saturated and unsaturated fats.

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #72
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

73. *Trans* fatty acids are found mostly in deep-fried foods, cookies, crackers, stick margarine, and shortening.

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #73
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

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

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #74
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

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

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #75
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

76. Water-soluble vitamins are excreted more readily than fat-soluble vitamins.

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #76
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

77. Phytochemicals are physiologically active compounds considered essential nutrients.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #77
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

78. Zoochemicals are physiologically active compounds found in plants.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #78
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

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

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #79
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

80. Kilojoules and kilocalories both measure heat.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #80
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

81. One kilojoule is equal to 4.18 kilocalories.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #81
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.1
Student Learning Outcome: 1.1
scrambling: EMPTY*

82. Clinical signs occur in the early stage of nutrient deficiency.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #82
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.4
Student Learning Outcome: 1.5
scrambling: EMPTY*

83. A clinical sign of a nutrient deficiency is one that is not apparent to a health-care provider, such as aches and pains.

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #83
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.4
Student Learning Outcome: 1.5
scrambling: EMPTY*

84. Overnutrition can lead to excess stores of nutrients.

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #84
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.4
Student Learning Outcome: 1.5
scrambling: EMPTY*

85. People in the United States today are more at risk for overnutrition than undernutrition.

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #85
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.5
Student Learning Outcome: 1.7
scrambling: EMPTY*

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

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #86
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.5
Student Learning Outcome: 1.7
scrambling: EMPTY*

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

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #87
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.5
Student Learning Outcome: 1.8
scrambling: EMPTY*

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

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #88
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.5
Student Learning Outcome: 1.8
scrambling: EMPTY*

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

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #89
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.5
Student Learning Outcome: 1.8
scrambling: EMPTY*

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

TRUE

*numbered a head: EMPTY
Byrd - Chapter 01 #90
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.6
Student Learning Outcome: 1.9
scrambling: EMPTY*

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

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #91
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.7
Student Learning Outcome: 1.10
scrambling: EMPTY*

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

FALSE

*numbered a head: EMPTY
Byrd - Chapter 01 #92
Level of Difficulty: Knowledge/Comprehension
Numbered A Head: 1.7
Student Learning Outcome: 1.10
scrambling: EMPTY*

93. Match the energy level per gram with the nutrient

1. Vitamins
2. Carbohydrate
3. Alcohol
4. Minerals
5. Fat
6. Water
7. Protein

- | | |
|----------|----------|
| 4 kcal/g | <u>2</u> |
| 9 kcal/g | <u>5</u> |
| 4 kcal/g | <u>7</u> |
| 0 kcal/g | <u>1</u> |
| 0 kcal/g | <u>4</u> |
| 7 kcal/g | <u>3</u> |
| 0 kcal/g | <u>6</u> |

numbered a head: EMPTY
Byrd - Chapter 01 #93
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

94. Define the term nutrient.

Answers will vary

numbered a head: EMPTY
Byrd - Chapter 01 #94
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

95. Of the top 10 leading causes of death in the United States, which are not related to nutrition?

Answers will vary

numbered a head: EMPTY
Byrd - Chapter 01 #95
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.5
Student Learning Outcome: SLO 1.7
scrambling: EMPTY

96. List the 6 major nutrients important to our health and put an "O" by those that are organic and an "I" by those that are inorganic.

Answers will vary

numbered a head: EMPTY
Byrd - Chapter 01 #96
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY

97. What nutrients are important for growth and development?

Answers will vary

*numbered a head: EMPTY
Byrd - Chapter 01 #97
Level of Difficulty: Comprehension/Application
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.1
scrambling: EMPTY*

98. An 18-year-old male had a daily intake of 2500 kcal; 50% were from carbohydrates, 20% from proteins, and 30% from fats. How many grams of carbohydrate, protein, and fat did he consume?

Answers will vary

*numbered a head: EMPTY
Byrd - Chapter 01 #98
Level of Difficulty: Application/Analysis
Numbered A Head: Section 1.1
Student Learning Outcome: SLO 1.2
scrambling: EMPTY*

99. List 5 foods typically eaten by college students and indicate what factors influence these food selections.

Answers will vary

*numbered a head: EMPTY
Byrd - Chapter 01 #99
Level of Difficulty: Application/Analysis
Numbered A Head: Section 1.4
Student Learning Outcome: SLO 1.4
scrambling: EMPTY*

100. Define Healthy People 2010; name and discuss 4 dietary goals this plan addresses.

Answers will vary

*numbered a head: EMPTY
Byrd - Chapter 01 #100
Level of Difficulty: Application/Analysis
Numbered A Head: Section 1.4
Student Learning Outcome: SLO 1.6
scrambling: EMPTY*

101. What is the difference between hypothesis and theory?

Answers will vary

*numbered a head: EMPTY
Byrd - Chapter 01 #101
Level of Difficulty: Application/Analysis
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.9
scrambling: EMPTY*

102. What is the difference between a double blind and a case-control study?

Answers will vary

*numbered a head: EMPTY
Byrd - Chapter 01 #102
Level of Difficulty: Application/Analysis
Numbered A Head: Section 1.6
Student Learning Outcome: SLO 1.9
scrambling: EMPTY*

103. List 3 questions you might have when reading a product's health claim.

Answers will vary

*numbered a head: EMPTY
Byrd - Chapter 01 #103
Level of Difficulty: Analysis/Synthesis
Numbered A Head: Section 1.7
Student Learning Outcome: SLO 1.10
scrambling: EMPTY*

ch1 Summary

<i>Category</i>	<i># of Questions</i>
Byrd - Chapter 01	103
Level of Difficulty: Analysis/Synthesis	2
Level of Difficulty: Application	3
Level of Difficulty: Application/Analysis	6
Level of Difficulty: Comprehension	8
Level of Difficulty: Comprehension/Application	10
Level of Difficulty: Knowledge	3
Level of Difficulty: Knowledge/Comprehension	71
Numbered A Head: 1.1	13
Numbered A Head: 1.4	3
Numbered A Head: 1.5	5
Numbered A Head: 1.6	1
Numbered A Head: 1.7	2
Numbered A Head: Section 1.1	38
Numbered A Head: Section 1.2	7
Numbered A Head: Section 1.3	6
Numbered A Head: Section 1.4	6
Numbered A Head: Section 1.5	9
Numbered A Head: Section 1.6	10
Numbered A Head: Section 1.7	2
Numbered A Head: Section 1.8	1
Student Learning Outcome: 1.1	13
Student Learning Outcome: 1.10	2
Student Learning Outcome: 1.5	3
Student Learning Outcome: 1.7	2
Student Learning Outcome: 1.8	3
Student Learning Outcome: 1.9	1
Student Learning Outcome: SLO 1.1	38
Student Learning Outcome: SLO 1.10	2
Student Learning Outcome: SLO 1.2	5
Student Learning Outcome: SLO 1.3	3
Student Learning Outcome: SLO 1.4	4
Student Learning Outcome: SLO 1.5	2
Student Learning Outcome: SLO 1.6	7
Student Learning Outcome: SLO 1.7	6
Student Learning Outcome: SLO 1.8	2
Student Learning Outcome: SLO 1.9	8
Student Learning Outcome: SLO 8.2	1
Student Learning Outcome: SLO 8.8	1