

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Which of the following statements about milk is *false*? 1) _____
- A) It is approximately 80 percent water by volume.
 - B) It is a good source of the vitamins A, D, and riboflavin.
 - C) It contains the minerals potassium and calcium.
 - D) It contains a substantial variety of all six classes of nutrients.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 2) Nutritional genomics studies the relationship between the components of food and gene expression. 2) _____
- 3) Minerals are inorganic because they do not contain carbon. 3) _____
- 4) A research journal in which fellow scientists review studies to assess whether they are accurate before they are published is known as a peer-reviewed journal. 4) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 5) All of the following are correct about the typical American diet *except* that it is 5) _____
- A) low in calcium.
 - B) high in sodium.
 - C) high in fiber.
 - D) low in vitamin D.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 6) Some public health nutritionists are ineligible to take the Academy of Nutrition and Dietetics (AND) exam. 6) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 7) Claudia and Antonio are having friends over to watch a football game on television. Describe at least three factors that may influence food choices during the game.

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 8) Which of the following statements about supplements is *false*? 8) _____
- A) A well-balanced diet will meet the nutrient needs of many people.
 - B) People with dietary restrictions or greater nutrient needs could benefit from taking supplements.
 - C) A pregnant woman might benefit from taking an iron supplement.
 - D) Supplements always produce the same positive health effects as those gained by eating foods.
- 9) Rice is a staple in the diet of which of the following ethnic groups? 9) _____
- A) Chinese
 - B) Native American
 - C) Mexican
 - D) Alaskan

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

10) It is not a good idea to change your diet based on a single study. 10) _____

11) One of the objectives of *Healthy People 2020* is to reduce the proportion of children and adolescents who are considered obese by 30.5 percent. 11) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

12) Describe an experiment you would design to test the following hypothesis: Vitamin C supplements cure colds.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

13) People who are poor can be overfed in energy nutrients but malnourished in vitamins and minerals. 13) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

14) Jim wants to improve his health and would like a professional to help him with his diet. Which of the following people would be the best person to help Jim? 14) _____
A) a nutritionist B) a trainer at the gym
C) a registered dietitian nutritionist D) a registered nurse

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

15) Studies have shown that even at 8 years of age, children may not understand the persuasive intent of advertisements. 15) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

16) Which of the following goals is *not* a proposed focus of *Healthy People 2020*? 16) _____
A) Create social and physical environments that promote good health for all.
B) Eliminate preventable disease, disability, injury, and premature death.
C) Support food industry efforts to obtain favorable health claims on nutrition labels.
D) Promote quality of life, healthy development, and healthy behaviors across every stage of life.

17) Which of the following is *not* true about phytochemicals? 17) _____
A) They come from plant foods. B) They are nonnutritive compounds.
C) They are essential nutrients. D) They have disease-fighting properties.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

18) The group given a placebo during an experiment is called the placebo group. 18) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

19) Mutton is a staple in the diet of which of the following ethnic groups? 19) _____
A) Chinese B) Alaskan
C) Indian D) Native American

- 20) Observational research is defined as 20) _____
- A) a process that involves looking at factors in two or more groups of subjects to see if there is a relationship to certain outcomes.
 - B) a process involving one group of subjects that receives a specific treatment and a second group of subjects that does not receive the treatment.
 - C) an idea generated by scientists based on their observations.
 - D) a stepwise process used by scientists to evaluate different observational techniques.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 21) The foods you eat do not affect the expression of genes in your cells. 21) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 22) What percentage of American adults are considered obese? 22) _____
- A) 65 percent
 - B) 42 percent
 - C) 15 percent
 - D) 35 percent

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 23) The "gold standard" of research experiments is the double-blind, placebo-controlled study. 23) _____

- 24) The micronutrients include lipids, vitamins, and minerals. 24) _____

- 25) The substance that bathes the outside of your cells and also helps maintain body temperature is water. 25) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 26) The scientific method is 26) _____
- A) an idea generated by scientists based on their observations.
 - B) a stepwise process used by scientists to generate sound research findings.
 - C) research involving one group of subjects that receives a specific treatment and a second group of subjects that does not receive the treatment.
 - D) research in which neither the subjects nor the scientists know which group received the treatment and which group received a placebo.

- 27) Lentils are a staple in the diet of which of the following ethnic groups? 27) _____
- A) Native American
 - B) Indian
 - C) Mexican
 - D) Alaskan

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 28) Substances that speed up reactions in your body are known as enzymes. 28) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 29) Darren's father, mother, and sister all have diabetes. Darren decides to seek help from a health professional so he can avoid becoming diabetic as well. Who is the best person Darren should go to for nutrition advice? 29) _____
- A) his trainer at the gym
 - B) a public health nutritionist
 - C) the salesperson at the vitamin and supplement store
 - D) a registered dietitian nutritionist (RDN)

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 30) If a study is done on lab animals, the results cannot be relevant to humans. 30) _____
- 31) Chronic diseases are caused by genetic influences alone. 31) _____
- 32) The macronutrients include carbohydrates, lipids, and vitamins. 32) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 33) Which of the following is *not* a reason why a food becomes a favorite? 33) _____
- A) food trends
 - B) culture
 - C) convenience
 - D) food color
- 34) Which nutrient is so vital to health that you wouldn't live more than a few days without it? 34) _____
- A) minerals
 - B) protein
 - C) water
 - D) vitamins

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 35) List the six classes of nutrients, noting which are organic and how much energy they contain, if any.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 36) Epidemiological research looks at factors in two or more subject groups to see if there is a relationship to a certain disease or another health outcome. 36) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 37) Josephine is one of 20 participants in a clinical trial for a new weight loss drug. If Josephine receives a placebo rather than the actual drug, to which group does Josephine belong? 37) _____
- A) epidemiological group
 - B) control group
 - C) hypothesis group
 - D) experimental group

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 38) The science that studies how the nutrients and compounds in foods affect your body's function and health is called nutrition. 38) _____
- 39) A quack is a person who promotes health-related products with false claims and information that are not based in sound scientific research. 39) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 40) Which of the following foods is commonly included in Indian meals? 40) _____
A) mutton B) fish C) corn D) lentils

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 41) It is not important if a website does not tell you about their privacy policy. 41) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 42) Experimental research is 42) _____
A) an idea generated by scientists based on their observations.
B) a process involving one group of subjects that receives a specific treatment and a second group of subjects that does not receive the treatment.
C) a process that involves looking at factors in two or more groups of subjects to see if there is a relationship to certain outcomes.
D) a stepwise process used by scientists to evaluate different types of experiments.

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 43) Describe a situation in which your emotions led you to make inappropriate food choices.

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 44) A hypothesis is 44) _____
A) research involving one group of subjects that receives a specific treatment and a second group of subjects that does not receive the treatment.
B) a stepwise process used by scientists to generate sound research findings.
C) an idea generated by scientists based on their observations.
D) research that involves looking at factors in two or more groups of subjects to see if there is a relationship to certain outcomes.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 45) Carbohydrates, lipids, and alcohol can all provide the body with energy. 45) _____
46) An idea generated by scientists based on their observations is a hypothesis. 46) _____
47) Over 65 percent of American adults are overweight and of those, approximately 50 percent are considered obese. 47) _____
48) Fats, proteins, and carbohydrates are organic nutrients that provide energy. 48) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 49) Which of the following causes of death in the United States is *not* nutrition related? 49) _____
A) stroke B) diabetes
C) cancer D) respiratory diseases

- 50) A double-blind placebo-controlled study is _____
A) a stepwise process used by scientists to identify effective placebos.
B) research that involves looking at factors in two or more groups of subjects to see if there is a relationship to certain outcomes.
C) research in which neither the subjects nor the scientists know which group received the treatment and which group received a placebo.
D) an idea generated by scientists based on their observations.
- 51) Which of the following does nutritional genomics study? _____
A) how certain nutrients affect an individual's gene expression
B) the precise amount of micronutrients the body needs
C) the protein content of an individual
D) the genetic sequence of an individual's genome
- 52) Which of the following is *not* an outcome for children who are food insecure? _____
A) increased energy
B) iron deficiency
C) delayed cognitive development
D) increased incidence of colds and headaches
- 53) The defining characteristic of an organic compound is that it _____
A) contains nitrogen. B) contains carbon.
C) contains hydrogen. D) is grown in rich soil.
- 54) Food insecurity is _____
A) the tendency of highly desirable foods to be stolen from stores.
B) uncertainty concerning whether a food might be harmful.
C) the inability to satisfy the basic food needs of individuals.
D) the tendency of some foods to spoil more quickly than others.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 55) Compounds that contain carbon are called organic. _____
- 56) Carbohydrates supply glucose, the simple sugar that body cells use as a major energy source. _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 57) Discuss how one's cultural background influences food choices.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 58) Being overweight is the same thing as being obese. _____
- 59) Only the energy nutrient carbohydrate contains the element nitrogen. _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 60) List the ten leading causes of death in the United States, and comment on which are nutrition related.

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 61) Which of the following is *not* a function of water in the body? 61) _____
A) helps maintain body temperature B) lubricates joints
C) helps transport nutrients and oxygen D) functions as a coenzyme
- 62) Fish is most likely to be a staple in the diet of which of the following ethnic groups? 62) _____
A) Indian B) Native American
C) Chinese D) Alaskan

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 63) A person with a BMI of 28 or higher is obese. 63) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 64) If a scientist wants to design an experiment to measure the effect of vitamin C on colds, which of the following would be an appropriate placebo? 64) _____
A) half the recommended daily amount of vitamin C
B) a sugar pill that does not contain vitamin C
C) the recommended daily amount of vitamin D
D) the recommended daily amount of vitamin C
- 65) Which of the following statements is incorrect regarding the energy-providing nutrients? 65) _____
A) The energy nutrients include carbohydrates, fats, and proteins.
B) The amount of calories you need daily is based on your age, gender, and activity level.
C) The energy nutrients are all organic.
D) Most of your daily calories should come from protein.
- 66) Which of the following is *not* one of the essential nutrients? 66) _____
A) fats B) alcohol C) minerals D) water

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 67) For reporting research results, a regular magazine is just as credible as a peer-reviewed journal. 67) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 68) Which of the following are *not* macronutrients? 68) _____
A) carbohydrates B) lipids C) vitamins D) proteins

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 69) The Human Genome Project determined the complete sequence of DNA in human cells. 69) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 70) Which of the following foods contains phytochemicals? 70) _____
A) carrots B) skim milk C) salmon D) eggs

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

71) What is the difference between a macronutrient and a micronutrient?

72) Curtis is writing a paper for his nutrition class and is using the Internet as a resource. Describe what he should consider when deciding whether a site is reliable or not.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

73) According to *Healthy People 2020*, the body weights of Americans are decreasing. 73) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

74) Americans need to consume more 74) _____
A) meat and refined grains. B) fruits and vegetables.
C) meat and saltier foods. D) oils and fewer vegetables.

75) When obtaining information on the Internet, which ending for a URL is probably less reliable than the others? 75) _____
A) .edu B) .com
C) .gov D) They are all equally reliable.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

76) There are five classes of nutrients. 76) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

77) Which nutrient class supplies glucose as the major source of energy for the body? 77) _____
A) carbohydrates B) proteins C) lipids D) vitamins

78) Jane is sitting in the library, cramming for a nutrition test. She has eaten a plate full of brownies and is now ordering a pizza. Which of the following factors is probably affecting the way Jane is eating? 78) _____
A) advertising B) emotions C) culture D) cost

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

79) Alcohol is an essential nutrient because it contains energy. 79) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

80) What are phytochemicals and why might they be important?

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

81) Which of the following questions is important to ask yourself when you view a nutrition-related website? 81) _____
A) Who pays for the site?
B) Where does the information come from?
C) How does the site choose links to other sites?
D) All of these are important questions to ask.

- 82) Which of the following is the first step of the scientific method? 82) _____
A) Observe and ask a question. B) Formulate a hypothesis.
C) Conduct an experiment. D) Revise the hypothesis.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 83) The part of plant foods that isn't digested in the small intestine is fiber. 83) _____
84) A nonnutritive compound in foods that may play a role in fighting chronic diseases is called fiber. 84) _____
85) A registered dietitian nutritionist has passed an exam administered by the Academy of Nutrition and Dietetics (AND). 85) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 86) Which of the following substances is organic? 86) _____
A) vitamins B) water C) minerals D) salts

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 87) When a nutrient such as a vitamin is lacking in the diet, a deficiency may result. 87) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 88) Maize is a staple in the diet of people living in which of the following places? 88) _____
A) Mexico B) China C) India D) Alaska

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 89) Carrying extra weight on your body in relation to your height is called being overweight. 89) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 90) Explain how people who have less money are more, rather than less, prone to obesity.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 91) The energy value of foods is measured in units commonly referred to as nutrients. 91) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 92) Marita and Adis are eating lunch in the school lunchroom. Adis says he wants to learn to eat healthier and will be seeing a nutritionist he met at the deli last week. What advice should Marita give Adis about seeking sound nutrition advice?

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 93) The promotion and selling of health products and services of questionable validity is known as the scientific method. 93) _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

94) Which nutrient class is used to build body tissues and make enzymes? 94) _____
A) vitamins B) lipids C) proteins D) carbohydrates

95) A well-balanced diet includes all of the following actions *except* 95) _____
A) consuming phytochemicals and fiber. B) relying on dietary supplements.
C) consuming essential nutrients. D) eating a variety of foods.

96) The group given a specific treatment during an experiment is called the 96) _____
A) blind group. B) double-blind group.
C) control group. D) experimental group.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

97) Micronutrients are so named because they are less important than macronutrients. 97) _____

Answer Key
Testname: CH1

- 1) A
- 2) TRUE
- 3) TRUE
- 4) TRUE
- 5) C
- 6) FALSE
- 7) Influences include mood, peer pressure to eat, social influences (advertising) on what people eat watching a sport (e.g. chicken wings, beer, chips), health (someone may prefer cut-up vegetables to higher fat snacks), and convenience (ordering a pizza rather than preparing a meal).
- 8) D
- 9) A
- 10) TRUE
- 11) FALSE
- 12) An appropriate experiment would involve two groups of individuals of the same sex and age. All individuals are exposed to cold viruses via inhalation. They then are divided into two groups: an experimental group that receives identical doses of vitamin C supplements and a control group that gets a placebo. The experiment is double-blind. Signs and symptoms of both groups are tracked over 10 days. After data collection and analysis, conclusions are made as to whether the vitamin C had an effect on the cold.
- 13) TRUE
- 14) C
- 15) FALSE
- 16) C
- 17) C
- 18) FALSE
- 19) D
- 20) A
- 21) FALSE
- 22) D
- 23) TRUE
- 24) FALSE
- 25) TRUE
- 26) B
- 27) B
- 28) TRUE
- 29) D
- 30) FALSE
- 31) FALSE
- 32) FALSE
- 33) D
- 34) C
- 35)

carbohydrates	organic	4 calories/gram
lipids	organic	9 calories/gram
protein	organic	4 calories/gram
vitamins	organic	0 calories/gram
minerals	inorganic	0 calories/gram
water	inorganic	0 calories/gram
- 36) FALSE
- 37) B
- 38) TRUE
- 39) TRUE

Answer Key

Testname: CH1

- 40) D
- 41) FALSE
- 42) B
- 43) Boredom, loneliness, sadness, happiness, celebration, and anger may influence the types and quantities of foods a person consumes.
- 44) C
- 45) TRUE
- 46) TRUE
- 47) FALSE
- 48) TRUE
- 49) D
- 50) C
- 51) A
- 52) A
- 53) B
- 54) C
- 55) TRUE
- 56) TRUE
- 57) Different cultural groups have different traditional foods; these cuisines are influenced in part by climate, soils, native plants and animals, and which foodstuffs are plentiful and readily accessible.
- 58) FALSE
- 59) FALSE
- 60) The ten leading causes of death in the United States are heart disease, cancer, respiratory diseases, accidents, stroke, Alzheimer's disease, diabetes, influenza/pneumonia, kidney disease, and intentional self-harm. Heart disease, cancer, stroke, and diabetes are related to nutrition.
- 61) D
- 62) D
- 63) FALSE
- 64) B
- 65) D
- 66) B
- 67) FALSE
- 68) C
- 69) TRUE
- 70) A
- 71) A macronutrient is an essential nutrient that is needed in larger quantities than is an essential micronutrient. Vitamins and minerals are micronutrients, and the energy nutrients (carbohydrates, proteins, and fats) are macronutrients.
- 72) If a site's URL ends in ".edu" or ".gov" it is probably a reliable site. If the site is not selling something, this is also a good sign. If the people who sponsor the site are open about their credentials, such as their being medical doctors or registered dietitians, then the site is likely more credible. A site sponsored by a pharmaceutical company may be prone to promote their drugs or treatments and may be biased. Links provided in the site should also be credible, and current information is likely preferable to older information.
- 73) FALSE
- 74) B
- 75) B
- 76) FALSE
- 77) A
- 78) B
- 79) FALSE

Answer Key
Testname: CH1

- 80) At least 900 different phytochemicals have been identified in plant foods so far. These nonnutritive chemicals work with fiber, nutrients, or unknown substances in foods to provide synergistic effects on health.
- 81) D
- 82) A
- 83) TRUE
- 84) FALSE
- 85) TRUE
- 86) A
- 87) TRUE
- 88) A
- 89) TRUE
- 90) Households with limited funds for monthly groceries tend to buy less of a variety of foods, and the quality of the foods tends to be low in nutrients and high in calories. Individuals living in low-income neighborhoods also tend to have limited access to supermarkets to purchase healthy foods at a reasonable cost. Poorer neighborhoods also tend to be surrounded by convenience stores and fast-food restaurants.
- 91) FALSE
- 92) Adis should check the person's credentials and make sure he or she graduated from an accredited school. He should also beware if the person giving advice is selling something (supplements, book, etc.).
- 93) FALSE
- 94) C
- 95) B
- 96) D
- 97) FALSE