Unit 01 - Test Bank

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| 1. | Diet refers to a person's       |  |  | | --- | --- | | A. | weight loss efforts. |  |  |  | | --- | --- | | B. | current nutrient intake. |  |  |  | | --- | --- | | C. | usual pattern of food choices. |  |  |  | | --- | --- | | D. | negative risk factors. | |

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| 2. | Which of the following conditions is a leading cause of death in the United States that's related to dietary practices?      |  |  | | --- | --- | | A. | Anemia |  |  |  | | --- | --- | | B. | Influenza and pneumonia |  |  |  | | --- | --- | | C. | Cancer |  |  |  | | --- | --- | | D. | Chronic lower respiratory infections | |

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| 3. | Tamika's 52-year-old father died as a result of a condition that is the leading cause of death in the United States. Based on this information, Tamika's father died from      |  |  | | --- | --- | | A. | heart disease. |  |  |  | | --- | --- | | B. | lung cancer. |  |  |  | | --- | --- | | C. | kidney failure. |  |  |  | | --- | --- | | D. | type 1 diabetes. | |

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| 4. | Which of the following nutrients is a source of energy?      |  |  | | --- | --- | | A. | Protein |  |  |  | | --- | --- | | B. | Iron |  |  |  | | --- | --- | | C. | Vitamin D |  |  |  | | --- | --- | | D. | Cholesterol | |

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| 5. | A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and  4 ounces of water. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | A. | 107 |  |  |  | | --- | --- | | B. | 97 |  |  |  | | --- | --- | | C. | 87 |  |  |  | | --- | --- | | D. | 117 | |

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| 6. | A serving of food contains 25 g carbohydrate, 10 g protein, 8 g fat, 5 mg vitamin iron, and 4 ounces of water. Based on this information, a serving of this food supplies \_\_\_kcal.      |  |  | | --- | --- | | A. | 212 |  |  |  | | --- | --- | | B. | 456 |  |  |  | | --- | --- | | C. | 246 |  |  |  | | --- | --- | | D. | 335 | |

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| 7. | A serving of food contains 20 g carbohydrate, 6 g protein, 10 g fat, 5 mg vitamin C, and 3 ounces of water. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | A. | 217 |  |  |  | | --- | --- | | B. | 107 |  |  |  | | --- | --- | | C. | 194 |  |  |  | | --- | --- | | D. | 87 | |

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| 8. | A serving of food contains 24 g carbohydrate, 10 g protein, 3 ounces of water, 6 g fat, 25 mg vitamin B-12, and 1.8 mg iron. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | A. | 190 |  |  |  | | --- | --- | | B. | 390 |  |  |  | | --- | --- | | C. | 290 |  |  |  | | --- | --- | | D. | 90 | |

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| 9. | A serving of food contains 36 g carbohydrate, 4 g protein, 4 ounces of water, 10 g fat, 25 mg vitamin B-6, 1.2 mg zinc, and 1.8 mg iron. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | A. | 250 |  |  |  | | --- | --- | | B. | 350 |  |  |  | | --- | --- | | C. | 50 |  |  |  | | --- | --- | | D. | 150 | |

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| 10. | A serving of food contains 15 g carbohydrate, 2 g protein, 4 ounces of water, 5 g fat, 25 mcg vitamin A, 2.5 mg niacin, and 0.8 mg iron. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | A. | 113 |  |  |  | | --- | --- | | B. | 226 |  |  |  | | --- | --- | | C. | 8 |  |  |  | | --- | --- | | D. | 339 | |

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| 11. | Which of the following substances is a nutrient that doesn't supply any energy for the human body?      |  |  | | --- | --- | | A. | Alcohol |  |  |  | | --- | --- | | B. | Fat |  |  |  | | --- | --- | | C. | Carbohydrate |  |  |  | | --- | --- | | D. | Vitamin C | |

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| 12. | Which of the following substances is a nutrient that doesn't provide any energy for the human body?      |  |  | | --- | --- | | A. | Alcohol |  |  |  | | --- | --- | | B. | Water |  |  |  | | --- | --- | | C. | Carbohydrate |  |  |  | | --- | --- | | D. | Protein | |

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| 13. | Which of the following substances is a nutrient that doesn't provide any energy for the human body?      |  |  | | --- | --- | | A. | Glucose |  |  |  | | --- | --- | | B. | Alcohol |  |  |  | | --- | --- | | C. | Iron |  |  |  | | --- | --- | | D. | Protein | |

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| 14. | Metabolism is       |  |  | | --- | --- | | A. | the total of all chemical changes that occur in cells. |  |  |  | | --- | --- | | B. | a form of energy. |  |  |  | | --- | --- | | C. | the rate at which cells produce energy. |  |  |  | | --- | --- | | D. | a way of living. | |

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| 15. | Yamiche is a biochemist with a company that manufacturers substances that can be added to foods to improve their flavor. She's discovered a chemical that she called "Agent X" in beet juice. Agent X prevents human cell membranes from being damaged by highly unstable substances that are in the environment. Based on this information, Agent X is a(an) \_\_\_\_.       |  |  | | --- | --- | | A. | supplement |  |  |  | | --- | --- | | B. | risk factor |  |  |  | | --- | --- | | C. | free radical |  |  |  | | --- | --- | | D. | antioxidant | |

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| 16. | Which of the following substances is a phytochemical?      |  |  | | --- | --- | | A. | Vitamin D |  |  |  | | --- | --- | | B. | Iron |  |  |  | | --- | --- | | C. | Caffeine |  |  |  | | --- | --- | | D. | Cholesterol | |

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| 17. | Which of the following foods is naturally a rich source of phytochemicals?      |  |  | | --- | --- | | A. | Grapes |  |  |  | | --- | --- | | B. | Hamburger |  |  |  | | --- | --- | | C. | Margarine |  |  |  | | --- | --- | | D. | Tuna | |

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| 18. | Which of the following foods is a source of phytochemicals?      |  |  | | --- | --- | | A. | Raw egg whites |  |  |  | | --- | --- | | B. | Fat-free milk |  |  |  | | --- | --- | | C. | Lean meat |  |  |  | | --- | --- | | D. | Fresh blueberries | |

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| 19. | Which of the following behaviors is a risk factor for heart disease?      |  |  | | --- | --- | | A. | Being taller than average |  |  |  | | --- | --- | | B. | Smoking cigarettes |  |  |  | | --- | --- | | C. | Having attention deficit hyperactivity disorder |  |  |  | | --- | --- | | D. | Consuming excess vitamin C | |

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| 20. | According to numerous scientific studies, low levels of physical activity are associated with increased chances of developing excess body fat and type 2 diabetes. Based on this information, lack of physical activity is a       |  |  | | --- | --- | | A. | cause of death. |  |  |  | | --- | --- | | B. | deficiency condition. |  |  |  | | --- | --- | | C. | critical determinant. |  |  |  | | --- | --- | | D. | risk factor. | |

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| 21. | Which of the following lifestyle choices is the primary cause of most preventable cancer deaths in the United States?      |  |  | | --- | --- | | A. | Exercising infrequently |  |  |  | | --- | --- | | B. | Smoking cigarettes |  |  |  | | --- | --- | | C. | Consuming too much added sugar |  |  |  | | --- | --- | | D. | Eating fatty food | |

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| 22. | Which of the following nutrients provides energy for humans?      |  |  | | --- | --- | | A. | Iron |  |  |  | | --- | --- | | B. | Calcium |  |  |  | | --- | --- | | C. | Proteins |  |  |  | | --- | --- | | D. | Vitamin A | |

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| 23. | The energy value of a raw peach is reported as a number of      |  |  | | --- | --- | | A. | rads. |  |  |  | | --- | --- | | B. | thermals. |  |  |  | | --- | --- | | C. | kilocalories. |  |  |  | | --- | --- | | D. | milligrams. | |

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| 24. | A serving of food contains 2 g carbohydrate, 16 g protein, 6 g fat, 2 mcg vitamin B12, and 60 mg iron. Based on this information, how many kcal does a serving of this food provide?       |  |  | | --- | --- | | A. | 126 |  |  |  | | --- | --- | | B. | 136 |  |  |  | | --- | --- | | C. | 116 |  |  |  | | --- | --- | | D. | 96 | |

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| 25. | How many kilocalories are in a portion of food that contains 4 g protein, 10 g fat, 25 g carbohydrate, 130 mg vitamin C, and 120 ml water?      |  |  | | --- | --- | | A. | 206 |  |  |  | | --- | --- | | B. | 156 |  |  |  | | --- | --- | | C. | 188 |  |  |  | | --- | --- | | D. | 118 | |

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| 26. | Erika is making a recipe from foods that contain the following nutrients: 120 ml of water, 50 g of fat, 40 g of protein, 500 mg of vitamin C, 235 g of carbohydrate, and 600 mg of calcium. Approximately how many kilocalories does the entire product of this recipe provide?      |  |  | | --- | --- | | A. | 580 |  |  |  | | --- | --- | | B. | 1550 |  |  |  | | --- | --- | | C. | 2020 |  |  |  | | --- | --- | | D. | 930 | |

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| 27. | A serving of food supplies 25 g carbohydrate, 15 g fat, 18 g protein, and 100 g water. Which of the following statements is true about a serving of the food?      |  |  | | --- | --- | | A. | Water provides the most food energy. |  |  |  | | --- | --- | | B. | Fat provides the most food energy. |  |  |  | | --- | --- | | C. | Protein provides about 50% of total calories. |  |  |  | | --- | --- | | D. | Carbohydrate provides the most food energy. | |

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| 28. | A serving of food supplies 18 g protein, 20 g carbohydrate, 7 g fat, 18 mg vitamin E, 2 mg iron, and 100 g water. Which of the following statements is true about a serving of the food?      |  |  | | --- | --- | | A. | Fat provides about 75% of total calories. |  |  |  | | --- | --- | | B. | Vitamin E provides the most food energy. |  |  |  | | --- | --- | | C. | Carbohydrate provides the most food energy. |  |  |  | | --- | --- | | D. | Fat provides the most food energy. | |

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| 29. | A serving of food supplies 15 g carbohydrate, 15 g protein, 400 ml water, 25 mg vitamin C, and 4 g fat. According to this information, how many kilocalories are in a serving of this food?      |  |  | | --- | --- | | A. | 126 |  |  |  | | --- | --- | | B. | 146 |  |  |  | | --- | --- | | C. | 136 |  |  |  | | --- | --- | | D. | 156 | |

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| 30. | Which of the following foods is the most nutrient dense per serving?      |  |  | | --- | --- | | A. | French fries |  |  |  | | --- | --- | | B. | Olive oil |  |  |  | | --- | --- | | C. | Fat-free milk |  |  |  | | --- | --- | | D. | Grape drink | |

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| 31. | Which of the following foods is the most nutrient dense per serving?      |  |  | | --- | --- | | A. | Cheese nachos |  |  |  | | --- | --- | | B. | Soft margarine |  |  |  | | --- | --- | | C. | Whole-grain bread |  |  |  | | --- | --- | | D. | Oatmeal cookie | |

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| 32. | Which of the following substances is a nutrient that provides energy for humans?      |  |  | | --- | --- | | A. | Fat |  |  |  | | --- | --- | | B. | Caffeine |  |  |  | | --- | --- | | C. | Vitamin D |  |  |  | | --- | --- | | D. | Alcohol | |

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| 33. | Which of the following nutrients is a micronutrient?      |  |  | | --- | --- | | A. | Protein |  |  |  | | --- | --- | | B. | Fat |  |  |  | | --- | --- | | C. | Iron |  |  |  | | --- | --- | | D. | Water | |

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| 34. | Which of the following statements is true?      |  |  | | --- | --- | | A. | Milk, bananas, and soybeans are among the few nutritionally perfect foods for humans. |  |  |  | | --- | --- | | B. | Nutrition experts classify sugary foods as "junk" foods. |  |  |  | | --- | --- | | C. | Most foods contain more than one nutrient. |  |  |  | | --- | --- | | D. | Strawberries are an energy-dense food. | |

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| 35. | Which of the following foods is the most energy dense per four-ounce serving?      |  |  | | --- | --- | | A. | Fat-free milk |  |  |  | | --- | --- | | B. | Orange juice |  |  |  | | --- | --- | | C. | Fresh strawberries |  |  |  | | --- | --- | | D. | Chocolate cupcake | |

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| 36. | Which of the following statements is true?      |  |  | | --- | --- | | A. | Registered dietitians generally classify foods as either "good" or "junk." |  |  |  | | --- | --- | | B. | Walnuts are a rich source of empty calories. |  |  |  | | --- | --- | | C. | High doses of vitamins and minerals help prevent many serious chronic diseases. |  |  |  | | --- | --- | | D. | A diet that has variety contains many different kinds of nutritious foods. | |

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| 37. | An essential nutrient      |  |  | | --- | --- | | A. | is only in foods from animal sources. |  |  |  | | --- | --- | | B. | is made by your body. |  |  |  | | --- | --- | | C. | must be supplied by your diet. |  |  |  | | --- | --- | | D. | performs a vital function in your body. | |

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| 38. | Which of the following nutrients is the most essential for life?      |  |  | | --- | --- | | A. | Calcium |  |  |  | | --- | --- | | B. | Water |  |  |  | | --- | --- | | C. | Protein |  |  |  | | --- | --- | | D. | Vitamin D | |

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| 39. | Phyllis is a food scientist who works for a company that manufactures medical products. She wants to prepare a formula diet for people who cannot eat "regular foods." Her formula for a day's supply of the product contains 300 g glucose, 30 g fiber, 200 g fat, 70 g protein, and all essential vitamins and minerals. The Food and Drug Administration didn't approve this product for sale. Why?      |  |  | | --- | --- | | A. | The product needs flavoring additives. |  |  |  | | --- | --- | | B. | The product doesn't contain water. |  |  |  | | --- | --- | | C. | The product was found to contain too much alcohol. |  |  |  | | --- | --- | | D. | The product needs more fiber. | |

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| 40. | A 6-ounce serving of a beverage contains 450 ml water, 20 g sugar and 5 g alcohol. How many kcal does this beverage supply?       |  |  | | --- | --- | | A. | 125 |  |  |  | | --- | --- | | B. | 115 |  |  |  | | --- | --- | | C. | 180 |  |  |  | | --- | --- | | D. | 95 | |

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| 41. | Which of the following groups of Americans is most at risk of undernutrition?      |  |  | | --- | --- | | A. | Teenage boys |  |  |  | | --- | --- | | B. | School-age children |  |  |  | | --- | --- | | C. | Pregnant women |  |  |  | | --- | --- | | D. | Alcoholics | |

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| 42. | Jerome has a disease that reduces his body's ability to absorb nutrients. As a result of this disease, Jerome has \_\_\_\_.       |  |  | | --- | --- | | A. | undernutrition |  |  |  | | --- | --- | | B. | malabsorption syndrome |  |  |  | | --- | --- | | C. | free radical toxicity |  |  |  | | --- | --- | | D. | eating disorders | |

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| 43. | Which of the following menu items contains a lot of empty calories?       |  |  | | --- | --- | | A. | Whole-grain breads |  |  |  | | --- | --- | | B. | Sugar-sweetened soft drinks |  |  |  | | --- | --- | | C. | 100% Fruit juices |  |  |  | | --- | --- | | D. | Fat-free dairy products | |

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| 44. | Which of the following foods is energy dense?      |  |  | | --- | --- | | A. | Potato chips |  |  |  | | --- | --- | | B. | Fresh strawberries |  |  |  | | --- | --- | | C. | Leaf lettuce |  |  |  | | --- | --- | | D. | Orange juice | |

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| 45. | A chemist would like to develop a functional food that includes a phytochemical, which may reduce the risk of heart disease and certain cancers. Based on this information, which substance is the chemist most likely to use?      |  |  | | --- | --- | | A. | Quercetin |  |  |  | | --- | --- | | B. | Capsaicin |  |  |  | | --- | --- | | C. | Caffeine |  |  |  | | --- | --- | | D. | Vitamin D | |

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| 46. | Scientists at a major university have isolated a chemical from grapes. Which of the following features is an indication that this chemical could be a vitamin?      |  |  | | --- | --- | | A. | The chemical has a very limited range of safe intake. |  |  |  | | --- | --- | | B. | When large amounts of the chemical are consumed, no health problems occur. |  |  |  | | --- | --- | | C. | When a person's diet lacks the chemical, his or her body experiences abnormal functioning. |  |  |  | | --- | --- | | D. | The chemical is in grapes, cherries, and tomatoes. | |

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| 47. | Which of the following statements is true?      |  |  | | --- | --- | | A. | To achieve optimal health, you should individualize your diet to match your blood type, eye color, and other physical characteristics. |  |  |  | | --- | --- | | B. | Nutritional needs of healthy people vary during different life stages, such as infancy and pregnancy. |  |  |  | | --- | --- | | C. | Regardless of their ages and physical conditions, people don't need to take dietary supplements that include vitamins and minerals. |  |  |  | | --- | --- | | D. | By taking dietary supplements that provide nutrients and phytochemicals, people can maintain good health without eating foods. | |

Unit 01 - Test Bank Key

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| 1. | Diet refers to a person's       |  |  | | --- | --- | | A. | weight loss efforts. |  |  |  | | --- | --- | | B. | current nutrient intake. |  |  |  | | --- | --- | | **C.** | usual pattern of food choices. |  |  |  | | --- | --- | | D. | negative risk factors. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.01.01 Define all of the key terms in this module. Module: 1.01 Why Learn about Nutrition? Topic: Nutrition basics* |

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| 2. | Which of the following conditions is a leading cause of death in the United States that's related to dietary practices?      |  |  | | --- | --- | | A. | Anemia |  |  |  | | --- | --- | | B. | Influenza and pneumonia |  |  |  | | --- | --- | | **C.** | Cancer |  |  |  | | --- | --- | | D. | Chronic lower respiratory infections | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases. Module: 1.01 Why Learn about Nutrition? Topic: Public health and nutrition* |

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| 3. | Tamika's 52-year-old father died as a result of a condition that is the leading cause of death in the United States. Based on this information, Tamika's father died from      |  |  | | --- | --- | | **A.** | heart disease. |  |  |  | | --- | --- | | B. | lung cancer. |  |  |  | | --- | --- | | C. | kidney failure. |  |  |  | | --- | --- | | D. | type 1 diabetes. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases. Module: 1.01 Why Learn about Nutrition? Topic: Public health and nutrition* |

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| 4. | Which of the following nutrients is a source of energy?      |  |  | | --- | --- | | **A.** | Protein |  |  |  | | --- | --- | | B. | Iron |  |  |  | | --- | --- | | C. | Vitamin D |  |  |  | | --- | --- | | D. | Cholesterol | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body. Module: 1.02 Nutrition Basics Section: 1.02b Food Energy Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition basics* |

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| 5. | A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and  4 ounces of water. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | A. | 107 |  |  |  | | --- | --- | | B. | 97 |  |  |  | | --- | --- | | C. | 87 |  |  |  | | --- | --- | | **D.** | 117 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 6. | A serving of food contains 25 g carbohydrate, 10 g protein, 8 g fat, 5 mg vitamin iron, and 4 ounces of water. Based on this information, a serving of this food supplies \_\_\_kcal.      |  |  | | --- | --- | | **A.** | 212 |  |  |  | | --- | --- | | B. | 456 |  |  |  | | --- | --- | | C. | 246 |  |  |  | | --- | --- | | D. | 335 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 7. | A serving of food contains 20 g carbohydrate, 6 g protein, 10 g fat, 5 mg vitamin C, and 3 ounces of water. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | A. | 217 |  |  |  | | --- | --- | | B. | 107 |  |  |  | | --- | --- | | **C.** | 194 |  |  |  | | --- | --- | | D. | 87 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 8. | A serving of food contains 24 g carbohydrate, 10 g protein, 3 ounces of water, 6 g fat, 25 mg vitamin B-12, and 1.8 mg iron. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | **A.** | 190 |  |  |  | | --- | --- | | B. | 390 |  |  |  | | --- | --- | | C. | 290 |  |  |  | | --- | --- | | D. | 90 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 9. | A serving of food contains 36 g carbohydrate, 4 g protein, 4 ounces of water, 10 g fat, 25 mg vitamin B-6, 1.2 mg zinc, and 1.8 mg iron. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | **A.** | 250 |  |  |  | | --- | --- | | B. | 350 |  |  |  | | --- | --- | | C. | 50 |  |  |  | | --- | --- | | D. | 150 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 10. | A serving of food contains 15 g carbohydrate, 2 g protein, 4 ounces of water, 5 g fat, 25 mcg vitamin A, 2.5 mg niacin, and 0.8 mg iron. Based on this information, a serving of this food supplies \_\_\_\_ kcal.      |  |  | | --- | --- | | **A.** | 113 |  |  |  | | --- | --- | | B. | 226 |  |  |  | | --- | --- | | C. | 8 |  |  |  | | --- | --- | | D. | 339 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 11. | Which of the following substances is a nutrient that doesn't supply any energy for the human body?      |  |  | | --- | --- | | A. | Alcohol |  |  |  | | --- | --- | | B. | Fat |  |  |  | | --- | --- | | C. | Carbohydrate |  |  |  | | --- | --- | | **D.** | Vitamin C | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02b Food Energy Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition basics* |

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| 12. | Which of the following substances is a nutrient that doesn't provide any energy for the human body?      |  |  | | --- | --- | | A. | Alcohol |  |  |  | | --- | --- | | **B.** | Water |  |  |  | | --- | --- | | C. | Carbohydrate |  |  |  | | --- | --- | | D. | Protein | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body. Module: 1.02 Nutrition Basics Section: 1.02b Food Energy Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition basics* |

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| 13. | Which of the following substances is a nutrient that doesn't provide any energy for the human body?      |  |  | | --- | --- | | A. | Glucose |  |  |  | | --- | --- | | B. | Alcohol |  |  |  | | --- | --- | | **C.** | Iron |  |  |  | | --- | --- | | D. | Protein | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body. Module: 1.02 Nutrition Basics Section: 1.02b Food Energy Section: 1.02c Macronutrients and Micronutrients Section: 1.02d What's an Essential Nutrient? Table: 1.03 Topic: Nutrition basics* |

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| 14. | Metabolism is       |  |  | | --- | --- | | **A.** | the total of all chemical changes that occur in cells. |  |  |  | | --- | --- | | B. | a form of energy. |  |  |  | | --- | --- | | C. | the rate at which cells produce energy. |  |  |  | | --- | --- | | D. | a way of living. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.01 Define all of the key terms in this module. Module: 1.02 Nutrition Basics Section: 1.02a Nutrients and Their Major Functions Topic: Nutrition basics* |

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| 15. | Yamiche is a biochemist with a company that manufacturers substances that can be added to foods to improve their flavor. She's discovered a chemical that she called "Agent X" in beet juice. Agent X prevents human cell membranes from being damaged by highly unstable substances that are in the environment. Based on this information, Agent X is a(an) \_\_\_\_.       |  |  | | --- | --- | | A. | supplement |  |  |  | | --- | --- | | B. | risk factor |  |  |  | | --- | --- | | C. | free radical |  |  |  | | --- | --- | | **D.** | antioxidant | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.05 Explain the importance of supplying the body with antioxidants. Module: 1.02 Nutrition Basics Section: 1.02e What’s a Nonnutrient? Topic: Nutrition basics Topic: Phytochemicals* |

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| 16. | Which of the following substances is a phytochemical?      |  |  | | --- | --- | | A. | Vitamin D |  |  |  | | --- | --- | | B. | Iron |  |  |  | | --- | --- | | **C.** | Caffeine |  |  |  | | --- | --- | | D. | Cholesterol | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements. Module: 1.02 Nutrition Basics Section: 1.02e What’s a Nonnutrient? Topic: Phytochemicals* |

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| 17. | Which of the following foods is naturally a rich source of phytochemicals?      |  |  | | --- | --- | | **A.** | Grapes |  |  |  | | --- | --- | | B. | Hamburger |  |  |  | | --- | --- | | C. | Margarine |  |  |  | | --- | --- | | D. | Tuna | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements. Module: 1.02 Nutrition Basics Section: 1.02d What's an Essential Nutrient? Topic: Phytochemicals* |

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| 18. | Which of the following foods is a source of phytochemicals?      |  |  | | --- | --- | | A. | Raw egg whites |  |  |  | | --- | --- | | B. | Fat-free milk |  |  |  | | --- | --- | | C. | Lean meat |  |  |  | | --- | --- | | **D.** | Fresh blueberries | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements. Module: 1.02 Nutrition Basics Section: 1.02e What’s a Nonnutrient? Topic: Phytochemicals* |

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| 19. | Which of the following behaviors is a risk factor for heart disease?      |  |  | | --- | --- | | A. | Being taller than average |  |  |  | | --- | --- | | **B.** | Smoking cigarettes |  |  |  | | --- | --- | | C. | Having attention deficit hyperactivity disorder |  |  |  | | --- | --- | | D. | Consuming excess vitamin C | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.01.01 Define all of the key terms in this module. Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases. Module: 1.01 Why Learn about Nutrition? Topic: Public health and nutrition* |

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| 20. | According to numerous scientific studies, low levels of physical activity are associated with increased chances of developing excess body fat and type 2 diabetes. Based on this information, lack of physical activity is a       |  |  | | --- | --- | | A. | cause of death. |  |  |  | | --- | --- | | B. | deficiency condition. |  |  |  | | --- | --- | | C. | critical determinant. |  |  |  | | --- | --- | | **D.** | risk factor. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.01.01 Define all of the key terms in this module. Module: 1.01 Why Learn about Nutrition? Topic: Public health and nutrition* |

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| 21. | Which of the following lifestyle choices is the primary cause of most preventable cancer deaths in the United States?      |  |  | | --- | --- | | A. | Exercising infrequently |  |  |  | | --- | --- | | **B.** | Smoking cigarettes |  |  |  | | --- | --- | | C. | Consuming too much added sugar |  |  |  | | --- | --- | | D. | Eating fatty food | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.01.01 Define all of the key terms in this module. Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases. Module: 1.01 Why Learn about Nutrition? Topic: Public health and nutrition* |

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| 22. | Which of the following nutrients provides energy for humans?      |  |  | | --- | --- | | A. | Iron |  |  |  | | --- | --- | | B. | Calcium |  |  |  | | --- | --- | | **C.** | Proteins |  |  |  | | --- | --- | | D. | Vitamin A | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body. Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02b Food Energy Topic: Nutrition basics* |

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| 23. | The energy value of a raw peach is reported as a number of      |  |  | | --- | --- | | A. | rads. |  |  |  | | --- | --- | | B. | thermals. |  |  |  | | --- | --- | | **C.** | kilocalories. |  |  |  | | --- | --- | | D. | milligrams. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.01 Define all of the key terms in this module. Module: 1.02 Nutrition Basics Section: 1.02b Food Energy Topic: Nutrition basics* |

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| 24. | A serving of food contains 2 g carbohydrate, 16 g protein, 6 g fat, 2 mcg vitamin B12, and 60 mg iron. Based on this information, how many kcal does a serving of this food provide?       |  |  | | --- | --- | | **A.** | 126 |  |  |  | | --- | --- | | B. | 136 |  |  |  | | --- | --- | | C. | 116 |  |  |  | | --- | --- | | D. | 96 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 25. | How many kilocalories are in a portion of food that contains 4 g protein, 10 g fat, 25 g carbohydrate, 130 mg vitamin C, and 120 ml water?      |  |  | | --- | --- | | **A.** | 206 |  |  |  | | --- | --- | | B. | 156 |  |  |  | | --- | --- | | C. | 188 |  |  |  | | --- | --- | | D. | 118 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 26. | Erika is making a recipe from foods that contain the following nutrients: 120 ml of water, 50 g of fat, 40 g of protein, 500 mg of vitamin C, 235 g of carbohydrate, and 600 mg of calcium. Approximately how many kilocalories does the entire product of this recipe provide?      |  |  | | --- | --- | | A. | 580 |  |  |  | | --- | --- | | **B.** | 1550 |  |  |  | | --- | --- | | C. | 2020 |  |  |  | | --- | --- | | D. | 930 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 27. | A serving of food supplies 25 g carbohydrate, 15 g fat, 18 g protein, and 100 g water. Which of the following statements is true about a serving of the food?      |  |  | | --- | --- | | A. | Water provides the most food energy. |  |  |  | | --- | --- | | **B.** | Fat provides the most food energy. |  |  |  | | --- | --- | | C. | Protein provides about 50% of total calories. |  |  |  | | --- | --- | | D. | Carbohydrate provides the most food energy. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 4. Analyze Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrient functions* |

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| 28. | A serving of food supplies 18 g protein, 20 g carbohydrate, 7 g fat, 18 mg vitamin E, 2 mg iron, and 100 g water. Which of the following statements is true about a serving of the food?      |  |  | | --- | --- | | A. | Fat provides about 75% of total calories. |  |  |  | | --- | --- | | B. | Vitamin E provides the most food energy. |  |  |  | | --- | --- | | **C.** | Carbohydrate provides the most food energy. |  |  |  | | --- | --- | | D. | Fat provides the most food energy. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 4. Analyze Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrient functions* |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 29. | A serving of food supplies 15 g carbohydrate, 15 g protein, 400 ml water, 25 mg vitamin C, and 4 g fat. According to this information, how many kilocalories are in a serving of this food?      |  |  | | --- | --- | | A. | 126 |  |  |  | | --- | --- | | B. | 146 |  |  |  | | --- | --- | | C. | 136 |  |  |  | | --- | --- | | **D.** | 156 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 30. | Which of the following foods is the most nutrient dense per serving?      |  |  | | --- | --- | | A. | French fries |  |  |  | | --- | --- | | B. | Olive oil |  |  |  | | --- | --- | | **C.** | Fat-free milk |  |  |  | | --- | --- | | D. | Grape drink | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.03.01 Define all of the key terms in this module. Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or high in empty calories. Module: 1.03 Key Nutrition Concepts Section: 1.03a There Are No “Good” or “Bad” Foods Topic: Nutrition basics* |

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| 31. | Which of the following foods is the most nutrient dense per serving?      |  |  | | --- | --- | | A. | Cheese nachos |  |  |  | | --- | --- | | B. | Soft margarine |  |  |  | | --- | --- | | **C.** | Whole-grain bread |  |  |  | | --- | --- | | D. | Oatmeal cookie | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.03.01 Define all of the key terms in this module. Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or high in empty calories. Module: 1.03 Key Nutrition Concepts Section: 1.03a There Are No “Good” or “Bad” Foods Topic: Nutrition basics* |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 32. | Which of the following substances is a nutrient that provides energy for humans?      |  |  | | --- | --- | | **A.** | Fat |  |  |  | | --- | --- | | B. | Caffeine |  |  |  | | --- | --- | | C. | Vitamin D |  |  |  | | --- | --- | | D. | Alcohol | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body. Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition basics* |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 33. | Which of the following nutrients is a micronutrient?      |  |  | | --- | --- | | A. | Protein |  |  |  | | --- | --- | | B. | Fat |  |  |  | | --- | --- | | **C.** | Iron |  |  |  | | --- | --- | | D. | Water | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition basics* |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 34. | Which of the following statements is true?      |  |  | | --- | --- | | A. | Milk, bananas, and soybeans are among the few nutritionally perfect foods for humans. |  |  |  | | --- | --- | | B. | Nutrition experts classify sugary foods as "junk" foods. |  |  |  | | --- | --- | | **C.** | Most foods contain more than one nutrient. |  |  |  | | --- | --- | | D. | Strawberries are an energy-dense food. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.03.01 Define all of the key terms in this module. Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or high in empty calories. Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients. Module: 1.03 Key Nutrition Concepts Section: 1.03a There Are No “Good” or “Bad” Foods Section: 1.03b Variety, Moderation, and Balance Are Features of Healthy Diets Topic: Nutrition basics* |

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| 35. | Which of the following foods is the most energy dense per four-ounce serving?      |  |  | | --- | --- | | A. | Fat-free milk |  |  |  | | --- | --- | | B. | Orange juice |  |  |  | | --- | --- | | C. | Fresh strawberries |  |  |  | | --- | --- | | **D.** | Chocolate cupcake | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.03.01 Define all of the key terms in this module. Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or high in empty calories. Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients. Module: 1.03 Key Nutrition Concepts Section: 1.03a There Are No “Good” or “Bad” Foods Topic: Nutrition basics* |

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| 36. | Which of the following statements is true?      |  |  | | --- | --- | | A. | Registered dietitians generally classify foods as either "good" or "junk." |  |  |  | | --- | --- | | B. | Walnuts are a rich source of empty calories. |  |  |  | | --- | --- | | C. | High doses of vitamins and minerals help prevent many serious chronic diseases. |  |  |  | | --- | --- | | **D.** | A diet that has variety contains many different kinds of nutritious foods. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.03.01 Define all of the key terms in this module. Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or high in empty calories. Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients. Module: 1.03 Key Nutrition Concepts Section: 1.03a There Are No “Good” or “Bad” Foods Section: 1.03b Variety, Moderation, and Balance Are Features of Healthy Diets Section: 1.03c Food Is the Best Source of Nutrients and Phytochemicals Section: 1.03e Foods and Nutrients Aren’t Cure-Alls Topic: Nutrition basics* |

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| 37. | An essential nutrient      |  |  | | --- | --- | | A. | is only in foods from animal sources. |  |  |  | | --- | --- | | B. | is made by your body. |  |  |  | | --- | --- | | **C.** | must be supplied by your diet. |  |  |  | | --- | --- | | D. | performs a vital function in your body. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements. Module: 1.02 Nutrition Basics Section: 1.02d What's an Essential Nutrient? Topic: Nutrition basics* |

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| 38. | Which of the following nutrients is the most essential for life?      |  |  | | --- | --- | | A. | Calcium |  |  |  | | --- | --- | | **B.** | Water |  |  |  | | --- | --- | | C. | Protein |  |  |  | | --- | --- | | D. | Vitamin D | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements. Module: 1.02 Nutrition Basics Section: 1.02d What's an Essential Nutrient? Topic: Nutrition basics* |

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| 39. | Phyllis is a food scientist who works for a company that manufactures medical products. She wants to prepare a formula diet for people who cannot eat "regular foods." Her formula for a day's supply of the product contains 300 g glucose, 30 g fiber, 200 g fat, 70 g protein, and all essential vitamins and minerals. The Food and Drug Administration didn't approve this product for sale. Why?      |  |  | | --- | --- | | A. | The product needs flavoring additives. |  |  |  | | --- | --- | | **B.** | The product doesn't contain water. |  |  |  | | --- | --- | | C. | The product was found to contain too much alcohol. |  |  |  | | --- | --- | | D. | The product needs more fiber. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 4. Analyze Blooms Level: 5. Evaluate Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body. Module: 1.02 Nutrition Basics Section: 1.02d What's an Essential Nutrient? Topic: Nutrition basics* |

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| 40. | A 6-ounce serving of a beverage contains 450 ml water, 20 g sugar and 5 g alcohol. How many kcal does this beverage supply?       |  |  | | --- | --- | | A. | 125 |  |  |  | | --- | --- | | **B.** | 115 |  |  |  | | --- | --- | | C. | 180 |  |  |  | | --- | --- | | D. | 95 | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. Module: 1.02 Nutrition Basics Section: 1.02c Macronutrients and Micronutrients Topic: Nutrition computations* |

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| 41. | Which of the following groups of Americans is most at risk of undernutrition?      |  |  | | --- | --- | | A. | Teenage boys |  |  |  | | --- | --- | | B. | School-age children |  |  |  | | --- | --- | | C. | Pregnant women |  |  |  | | --- | --- | | **D.** | Alcoholics | |

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| *Accessibility: Keyboard Navigation Blooms Level: 1. Remember Learning Outcome: 1.02.01 Define all of the key terms in this module. Module: 1.02 Nutrition Basics Section: 1.02g What’s Malnutrition? Topic: Demographic trends and statistics* |

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| 42. | Jerome has a disease that reduces his body's ability to absorb nutrients. As a result of this disease, Jerome has \_\_\_\_.       |  |  | | --- | --- | | **A.** | undernutrition |  |  |  | | --- | --- | | B. | malabsorption syndrome |  |  |  | | --- | --- | | C. | free radical toxicity |  |  |  | | --- | --- | | D. | eating disorders | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.01 Define all of the key terms in this module. Module: 1.02 Nutrition Basics Section: 1.02g What’s Malnutrition? Topic: Nutrition basics* |

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| 43. | Which of the following menu items contains a lot of empty calories?       |  |  | | --- | --- | | A. | Whole-grain breads |  |  |  | | --- | --- | | **B.** | Sugar-sweetened soft drinks |  |  |  | | --- | --- | | C. | 100% Fruit juices |  |  |  | | --- | --- | | D. | Fat-free dairy products | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.03.01 Define all of the key terms in this module. Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or high in empty calories. Module: 1.03 Key Nutrition Concepts Section: 1.03a There Are No “Good” or “Bad” Foods Topic: Food sources* |

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| 44. | Which of the following foods is energy dense?      |  |  | | --- | --- | | **A.** | Potato chips |  |  |  | | --- | --- | | B. | Fresh strawberries |  |  |  | | --- | --- | | C. | Leaf lettuce |  |  |  | | --- | --- | | D. | Orange juice | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.03.01 Define all of the key terms in this module. Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or high in empty calories. Module: 1.02 Nutrition Basics Section: 1.03a There Are No “Good” or “Bad” Foods Topic: Food sources* |

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| 45. | A chemist would like to develop a functional food that includes a phytochemical, which may reduce the risk of heart disease and certain cancers. Based on this information, which substance is the chemist most likely to use?      |  |  | | --- | --- | | **A.** | Quercetin |  |  |  | | --- | --- | | B. | Capsaicin |  |  |  | | --- | --- | | C. | Caffeine |  |  |  | | --- | --- | | D. | Vitamin D | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements. Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients. Module: 1.02 Nutrition Basics Module: 1.03 Key Nutrition Concepts Section: 1.02e What’s a Nonnutrient? Section: 1.03e Foods and Nutrients Aren’t Cure-Alls Topic: Phytochemicals* |

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| 46. | Scientists at a major university have isolated a chemical from grapes. Which of the following features is an indication that this chemical could be a vitamin?      |  |  | | --- | --- | | A. | The chemical has a very limited range of safe intake. |  |  |  | | --- | --- | | B. | When large amounts of the chemical are consumed, no health problems occur. |  |  |  | | --- | --- | | **C.** | When a person's diet lacks the chemical, his or her body experiences abnormal functioning. |  |  |  | | --- | --- | | D. | The chemical is in grapes, cherries, and tomatoes. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 3. Apply Learning Outcome: 1.02.01 Define all of the key terms in this module. Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements. Module: 1.02 Nutrition Basics Section: 1.02d What's an Essential Nutrient? Topic: Nutrition basics* |

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| 47. | Which of the following statements is true?      |  |  | | --- | --- | | A. | To achieve optimal health, you should individualize your diet to match your blood type, eye color, and other physical characteristics. |  |  |  | | --- | --- | | **B.** | Nutritional needs of healthy people vary during different life stages, such as infancy and pregnancy. |  |  |  | | --- | --- | | C. | Regardless of their ages and physical conditions, people don't need to take dietary supplements that include vitamins and minerals. |  |  |  | | --- | --- | | D. | By taking dietary supplements that provide nutrients and phytochemicals, people can maintain good health without eating foods. | |

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| *Accessibility: Keyboard Navigation Blooms Level: 2. Understand Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients. Module: 1.03 Key Nutrition Concepts Section: 1.03d There’s No “One Size Fits All” Approach to Good Nutrition Topic: Nutrition basics* |

Unit 01 - Test Bank Summary

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| *Category* | *# of Questions* |
| Accessibility: Keyboard Navigation | 47 |
| Blooms Level: 1. Remember | 16 |
| Blooms Level: 2. Understand | 11 |
| Blooms Level: 3. Apply | 17 |
| Blooms Level: 4. Analyze | 3 |
| Blooms Level: 5. Evaluate | 1 |
| Learning Outcome: 1.01.01 Define all of the key terms in this module. | 4 |
| Learning Outcome: 1.01.02 Identify the leading causes of death in the United States and lifestyle factors that contribute to the risk of these diseases. | 4 |
| Learning Outcome: 1.02.01 Define all of the key terms in this module. | 13 |
| Learning Outcome: 1.02.02 List the six classes of nutrients and identify a major role of each class of nutrient in the body. | 6 |
| Learning Outcome: 1.02.03 Calculate the caloric value of a serving of food based on its macronutrient (and alcohol) contents. | 17 |
| Learning Outcome: 1.02.04 Provide examples of essential nutrients, nonnutrients, phytochemicals, and dietary supplements. | 7 |
| Learning Outcome: 1.02.05 Explain the importance of supplying the body with antioxidants. | 1 |
| Learning Outcome: 1.03.01 Define all of the key terms in this module. | 7 |
| Learning Outcome: 1.03.02 Classify foods as nutrient-dense, energy-dense, or high in empty calories. | 7 |
| Learning Outcome: 1.03.03 Identify key basic nutrition concepts, including (a) the importance of eating a variety of foods and (b) no naturally occurring food supplies all nutrients. | 5 |
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| Module: 1.03 Key Nutrition Concepts | 8 |
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| Section: 1.02b Food Energy | 6 |
| Section: 1.02c Macronutrients and Micronutrients | 19 |
| Section: 1.02d What's an Essential Nutrient? | 6 |
| Section: 1.02e What’s a Nonnutrient? | 4 |
| Section: 1.02g What’s Malnutrition? | 2 |
| Section: 1.03a There Are No “Good” or “Bad” Foods | 7 |
| Section: 1.03b Variety, Moderation, and Balance Are Features of Healthy Diets | 2 |
| Section: 1.03c Food Is the Best Source of Nutrients and Phytochemicals | 1 |
| Section: 1.03d There’s No “One Size Fits All” Approach to Good Nutrition | 1 |
| Section: 1.03e Foods and Nutrients Aren’t Cure-Alls | 2 |
| Table: 1.03 | 1 |
| Topic: Demographic trends and statistics | 1 |
| Topic: Food sources | 2 |
| Topic: Nutrient functions | 2 |
| Topic: Nutrition basics | 22 |
| Topic: Nutrition computations | 11 |
| Topic: Phytochemicals | 5 |
| Topic: Public health and nutrition | 5 |