


Pool Canvas

Add, modify, and remove questions. Select a question type from the Add Question drop-down list and click **Go** to add questions. Use Creation Settings to establish which default options, such as feedback and images, are available for question creation.

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Name Chapter 1 - The Basics of Understanding Nutrition

Description

Instructions

[Modify](#)

[Add Question Here](#)

Question 1 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Which of the following is not considered a nutrient?

- Answer**
- Vitamin
 - Water
 - Carbohydrate
 - Alcohol
 - Mineral

[Add Question Here](#)

Question 2 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question For which of the following causes of death does a person's diet play a part?

- Answer**
- Lung disease
 - Cancer
 - Chronic lower respiratory diseases
 - Infections of the blood
 - AIDS

[Add Question Here](#)

Question 3 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Researchers repeatedly report that people who consume a variety of foods such as fruits, vegetables, legumes, nuts, and whole grains have reduced risks of which of the following diseases?

- Answer**
- Certain cancers
 - Stroke
 - Heart disease
 - Kidney disease
 - a, b, and c

[Add Question Here](#)

Question 4 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Characteristics of a legitimate and qualified dietitian include all of the following **except**:

- Answer**
- an undergraduate degree in food and nutrition or a related science.
 - completion of an approved dietetic internship or its equivalent.
 - use of the term *nutritionist* after the individual's name.
 - successful completion of a national examination and maintenance of continuing education.

[Add Question Here](#)

Question 5 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question The credential *R.D.* displayed by a dietitian's name indicates registration with:

- Answer** the American Dietetic Association.
- the International Academy of Nutritional Consultants.
 - the National Board of Licensed Dietitians.
 - the American Association of Nutrition and Dietary Consultants.

[Add Question Here](#)

Question 6 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question One gram of carbohydrate yields _____ calories, one gram of fat yields _____, and one gram of protein yields _____.

- Answer**
- 4, 8, 4
 - 4, 9, 4
 - 7, 4, 4
 - 4, 7, 9
 - 4, 9, 7

[Add Question Here](#)

Question 7 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question The acronym CARS can be used to determine the quality of information found on the Internet and includes which of the following terms?

- Answer**
- Adequacy
 - Credibility
 - Reliability
 - Sense

[Add Question Here](#)

Question 8 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Which of the following activities demonstrates a concern for sustainability issues related to food consumption?

- Answer**
- Purchasing fresh strawberries when they are out of season and more costly
 - Buying bananas grown in Costa Rica
 - Shopping when you are not hungry
 - ✓ Purchasing corn from the farmer in your neighborhood
 - Buying only items that are very nutritious

◀ [Add Question Here](#)

Question 9 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Imagine that you are reading a magazine article about a new product that claims to benefit health. Which of the following suggests that these claims might be valid?

- Answer**
- The product is described as a "secret formula."
 - The article provides anecdotal evidence that the product works.
 - ✓ Scientific research is cited.
 - The product is available only through a commercial.
 - The article includes testimonials from satisfied customers.

◀ [Add Question Here](#)

Question 10 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Limiting your intake of sodium may lower your risk for which disease?

- Answer**
- ✓ Stroke
 - Gallbladder disease
 - Diabetes
 - Obesity
 - Colon cancer

◀ [Add Question Here](#)

Question 11 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Which of the following is **not** a useful strategy when eating out?

- Answer**
- Order grilled rather than fried foods.
 - ✓ Use mayonnaise in place of mustard.
 - Order a smaller burger, not a double burger.
 - Order skim milk rather than a milkshake.

◀ [Add Question Here](#)

Question 12 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question The leading cause of death in the United States is:

- Answer**
- cancer.
 - ✓ heart disease.
 - homicide.
 - liver disease.

◀ [Add Question Here](#)

Question 13 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Marcia decides to go shopping and wants to purchase foods with less fat and calories and also to save money. All of the following would be good to buy **except**:

- Answer**
- salsa.
 - pork tenderloin.
 - frozen broccoli.
 - ✓ chicken nuggets.

◀ [Add Question Here](#)

Question 14 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Joy decides to use the smart shopping tips she learned in her college nutrition course. All of the following would be good ideas **except**:

- Answer**
- ✓ shopping when she is hungry so she will think of things to buy.
 - buying fresh foods in season.
 - reading the ingredients to compare similar products.
 - checking the store's sales circular for items on her shopping list.

◀ [Add Question Here](#)

Question 15 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question If you weigh 150 pounds and are at a desirable weight, how much of that weight is water?

- Answer**
- 20 pounds
 - 30 pounds
 - 50 pounds
 - ✓ 90 pounds

◀ [Add Question Here](#)

Question 16 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

Question Which statement about essential nutrients is **false**?

- Answer**
- There are about 40 nutrients known to be essential.
 - Essential nutrients must be obtained from food.
 - ✓ All nutrients are important for life and therefore essential.
 - Some nutrients in foods are considered nonessential.

Question 17	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question Which of the following nutrients provide 4 calories per gram?</p> <p>Answer</p> <ul style="list-style-type: none"> Carbohydrate and fat Fat and protein ✓ Carbohydrate and protein Alcohol and protein 			
Question 18	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question Which of the following vitamins are fat soluble?</p> <p>Answer</p> <ul style="list-style-type: none"> ✓ A, D, E, and K A, C, B, and D K, B, and C D, B, and C 			
Question 19	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question Which of the nutrients do not provide energy?</p> <p>Answer</p> <ul style="list-style-type: none"> Water and vitamins only Water, vitamins, and protein Water and minerals only ✓ Water, vitamins, and minerals 			
Question 20	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question A slice of apple pie contains 50 grams of carbohydrate, 12 grams of fat, and 4 grams of protein. How many total calories would the slice of pie provide?</p> <p>Answer</p> <ul style="list-style-type: none"> 264 calories ✓ 324 calories 924 calories There is not sufficient information to determine the number of calories. 			
Question 21	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question Which of the following provides 7 calories per gram?</p> <p>Answer</p> <ul style="list-style-type: none"> Protein Fat Carbohydrate ✓ Alcohol 			
Question 22	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question Which of the following is not a function of water in the body?</p> <p>Answer</p> <ul style="list-style-type: none"> It is the medium in which all the body's processes take place It transports hormonal messages from place to place ✓ It provides a small amount of energy needed by the nervous system It carries nutrients to body cells 			
Question 23	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question Which disease is not influenced by diet?</p> <p>Answer</p> <ul style="list-style-type: none"> Hypertension ✓ Hemophilia Arthritis Cancer 			
Question 24	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question Where do most Americans look first for information on nutrition?</p> <p>Answer</p> <ul style="list-style-type: none"> Doctors Family/friends ✓ TV Magazines 			
Question 25	Multiple Choice	0 points	Add Question Here Modify Remove
<p>Question Which of the nutrients listed below does not provide energy for the body?</p> <p>Answer</p> <ul style="list-style-type: none"> Carbohydrate ✓ Water Fat Protein 			
			Add Question Here

- Question 26 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Which of the following are the water-soluble vitamins?
- Answer**
- B vitamins and D
 - A and D
 - B vitamins and C
 - A, D, E, and K
- [Add Question Here](#)
- Question 27 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Susan wants to eat lunch at the fast-food restaurant near her school. Which of the following choices would you recommend she order?
- Answer**
- A grilled chicken sandwich with ketchup, side salad with vinaigrette
 - A fried chicken sandwich with mayonnaise, side salad with dressing
 - A fish sandwich with tarter sauce, baked potato with butter
 - A cheeseburger and a milkshake
- [Add Question Here](#)
- Question 28 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Which of the following is **not** one of the *Healthy People 2010* nutrition-related objectives for the nation?
- Answer**
- Reduce deaths from food allergies
 - Reduce rates of iron-deficiency anemia
 - Increase intake of fruits
 - Decrease food security among U.S. households
- [Add Question Here](#)
- Question 29 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** A double cheeseburger with bacon contains 44 grams of protein, 28 grams of carbohydrate, and 39 grams of fat. What percentage of calories in the sandwich comes from fat?
- Answer**
- 28%
 - 55%
 - 80%
 - There is not sufficient information to determine the percentage of calories from fat.
- [Add Question Here](#)
- Question 30 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Helen is ordering a pizza for her family. Which would be the best topping for her to request?
- Answer**
- Green peppers
 - Pepperoni
 - Sausage
 - Extra cheese
- [Add Question Here](#)
- Question 31 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Which member of the typical person's social group often plays the most powerful role in determining his or her food choices?
- Answer**
- The father
 - The siblings
 - The mother
 - The friends
- [Add Question Here](#)
- Question 32 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Jerry signed up for a scientific study in which he will follow a special diet to see if it will lower his high blood cholesterol level. Which type of scientific study is this?
- Answer**
- Intervention study
 - Placebo study
 - Epidemiological study
 - Survey study
- [Add Question Here](#)
- Question 33 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** What compound supplies energy but cannot promote growth or repair of the body?
- Answer**
- Tobacco
 - Fat
 - Alcohol
 - Glucose
- [Add Question Here](#)
- Question 34 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** If a food has 10 grams of fat and 100 calories per serving, what is the percentage of calories from fat in this food?
- Answer**
- 10%
 - 40%
 - 50%
 - 90%
- [Add Question Here](#)

- Question 35 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** If Sasha wants to consume 30% of her total calories from fat and she eats 2000 calories per day, what is the maximum number of fat grams she should eat?
- Answer**
- 35 grams
 - 50 grams
 - ✓ 65 grams
 - 75 grams
- [Add Question Here](#)
- Question 36 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** What does the cultural habit of *hara hachi bu* mean to the Okinawans?
- Answer**
- It means they do not smoke or drink alcohol.
 - ✓ It means they only eat until they are 80 percent full.
 - It means they exercise 45 minutes each day.
 - It means they eat less than 35% of their calories from fat.
- [Add Question Here](#)
- Question 37 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** The social and cultural groups to which a person belongs have a significant effect on food choices.
- Answer**
- ✓ True
 - False
- [Add Question Here](#)
- Question 38 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** The First Amendment to the Constitution allows journalists the freedom of the press to make claims for nutrition products.
- Answer**
- ✓ True
 - False
- [Add Question Here](#)
- Question 39 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** A nutrition claim that appears in a newspaper is usually a confirmed, and therefore reliable, finding.
- Answer**
- True
 - ✓ False
- [Add Question Here](#)
- Question 40 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** An epidemiological study examines populations to determine food patterns and health status over time.
- Answer**
- ✓ True
 - False
- [Add Question Here](#)
- Question 41 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** Access to an abundance of foods has been shown to contribute to increased rates of degenerative diseases.
- Answer**
- ✓ True
 - False
- [Add Question Here](#)
- Question 42 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** Nutrient deficiency diseases have been virtually eliminated in America.
- Answer**
- ✓ True
 - False
- [Add Question Here](#)
- Question 43 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** The physiological need for food is also known as appetite.
- Answer**
- True
 - ✓ False
- [Add Question Here](#)
- Question 44 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** Cigarette smoking is the leading cause of preventable death in the United States.
- Answer**
- True
 - ✓ False
- [Add Question Here](#)
- Question 45 **True/False** **0 points** [Modify](#) [Remove](#)
- Question** To eat a fast-food meal is really not consistent with a healthy lifestyle.
- Answer**
- True
 - ✓ False
- [Add Question Here](#)
- Question 46 **True/False** **0 points** [Modify](#) [Remove](#)

Question Even when people are served more food, they tend to eat the same amount.

Answer True
 False

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 47 **True/False** **0 points**

Question The Okinawans exhibit the highest mortality rates on earth.

Answer True
 False

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 48 **True/False** **0 points**

Question The diet of Okinawan elders is 80% plant-based and high in soy.

Answer True
 False

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 49 **True/False** **0 points**

Question Okinawans are a group of Eskimos that eat a high-fat diet but still maintain good health.

Answer True
 False

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 50 **True/False** **0 points**

Question The Okinawans have a lower prevalence of chronic diseases than most others in the world.

Answer True
 False

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 51 **Matching** **0 points**

Question Match the short phrase or description with the appropriate term.

Answer	Match Question Items	Answer Items
C. -	A. control group	A. a study of a population that searches for possible correlations between nutrition factors and health patterns over time.
E. -	B. correlation	B. a population study examining the effects of a treatment on experimental subjects compared to a control group.
A. -	C. epidemiological study	C. a group of individuals with characteristics that match the group being treated in an intervention study but who receive a sham treatment or no treatment at all.
F. -	D. experimental group	D. a sham or neutral treatment given to a control group.
B. -	E. intervention study	E. a simultaneous change in two factors.
D. -	F. placebo	F. the participants in a study who receive the real treatment or intervention under investigation.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 52 **Matching** **0 points**

Question Match the short phrase or description with the appropriate term.

Answer	Match Question Items	Answer Items
C. -	A. accreditation	A. conscious deceit regarding health that is practiced for profit.
G. -	B. correspondence school	B. another name for fraud.
E. -	C. diploma mill	C. approval by a professional organization of an educational program offered.
F. -	D. First Amendment	D. a person who claims to be capable of advising people about their diets.
A. -	E. health fraud	E. a correspondence school that grinds out degrees the way a grain mill grinds out flour.
B. -	F. quackery	F. part of the U.S. Constitution that guarantees freedom of the press.
D. -	G. nutritionist	G. a school from which courses can be taken and degrees granted by mail.
H. -	H. RD	H. a professional who has graduated from a program of dietetics accredited by the Commission on Accreditation for Dietetics Education (CADE).

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 53 **Essay** **0 points**

Question List five foods that you typically eat and indicate the possible factors that influence your food choices.

Answer See pp. 13-18, 21.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 54 **Essay** **0 points**

Question Describe the procedure for locating a reliable source of nutrition information.

Answer See pp. 23-24, 25

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 55 **Essay** **0 points**

Question Discuss how environmental, behavioral, social, and genetic factors work together to determine a person's likelihood of suffering from a degenerative disease.

Answer See pp. 8-10.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 56 **Essay** **0 points**

Question Describe a typical fast-food meal and offer tips on how you could reduce the saturated fat and calories from fast-food meals.

Answer See pp. 19-20.

[◀ Add Question Here](#)

Question 57 **Essay** **0 points**

[Modify](#) [Remove](#)

Question List 3 things you can do to help save money and time while providing healthful meals for you and your family.

Answer See p. 16.

[◀ Add Question Here](#)

Question 58 **Essay** **0 points**

[Modify](#) [Remove](#)

Question List 4 factors that work together to determine a person's likelihood of suffering from a degenerative disease.

Answer See pp. 7-8.

[◀ Add Question Here](#)

Question 59 **Essay** **0 points**

[Modify](#) [Remove](#)

Question Discuss why the term "malnutrition" does not necessarily mean a person is suffering from a deficiency disease.

Answer See p. 7.

[◀ Add Question Here](#)

Question 60 **Essay** **0 points**

[Modify](#) [Remove](#)

Question Using the *Healthy People 2010* goals, identify 3 personal health objectives that you know you need to improve upon, and suggest ways you can reach these goals.

Answer See p. 10, 12.

[◀ Add Question Here](#)

Question 61 **Essay** **0 points**

[Modify](#) [Remove](#)

Question You are a typical busy college student and have 45 minutes before your next class. You rush into a fast-food restaurant determined to make a healthy choice. Describe what you would order. Include a main course, side dish, and beverage.

Answer See pp. 19-20.

[◀ Add Question Here](#)

Question 62 **Essay** **0 points**

[Modify](#) [Remove](#)

Question Describe how an early childhood experience related to food has impacted your food choices now that you are older.

Answer See pp. 17-18.

[◀ Add Question Here](#)

[OK](#)