

## Chapter 01 Test Bank: What You Eat and Why

### Fill in the Blank Questions

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

15. The nutrient values on the \_\_\_\_\_ can be used to calculate calorie content of a food.  
\_\_\_\_\_
16. The nutrient values on the \_\_\_\_\_ can be used to calculate calorie content of a food.  
\_\_\_\_\_
17. The \_\_\_\_\_ is one important region in the brain that influences whether we eat or not.  
\_\_\_\_\_

### Multiple Choice Questions

18. Which of the following nutrition-related diseases is not one of the three leading causes of death in the United States?  
A. Cardiovascular disease  
B. Cancer  
C. Stroke  
D. Diabetes
19. Which of the following is not a class of nutrient?  
A. Alcohol  
B. Carbohydrates  
C. Lipids  
D. Minerals
20. Which of the following nutrients can directly supply energy for human use?  
A. Lipids and oils  
B. Fiber  
C. Vitamins  
D. Minerals
21. Certain nutrients provide us with energy. Some are important for growth and development. Others act to keep body functions running smoothly. Which of the following does not promote growth and development?  
A. Lipids  
B. Carbohydrates  
C. Proteins  
D. Minerals
22. What substances, present in fruits and vegetables, provide significant health benefits such as reducing the risk of cancer?  
A. Phytochemicals  
B. Beta blockers  
C. Deoxidizers  
D. Free radicals
23. The *essential* nutrients  
A. must be consumed at every meal.  
B. are required for infants but not adults.  
C. can be made in the body when they are needed.  
D. cannot be made by the body and therefore must be consumed to maintain health.

24. The Food and Nutrition Board (FNB) of the National Academy of Sciences advocates that 10% to 35% of calories come from protein and \_\_\_\_\_ from carbohydrate.
- A. 20% to 35%
  - B. 45% to 65%
  - C. 50% to 70%
  - D. 55% to 75%
25. Fibers belong to the class of nutrients known as
- A. carbohydrate.
  - B. protein.
  - C. lipids.
  - D. minerals.
26. Which of the following is a characteristic of vitamins?
- A. Provide energy
  - B. Become structural components of the body
  - C. Enable chemical processes in the body
  - D. Made in sufficient quantities by the body
27. Minerals can
- A. provide energy.
  - B. be destroyed during cooking.
  - C. be degraded by the body.
  - D. become part of the body structural systems.
28. Which of the following is not a characteristic shared by carbohydrates?
- A. Contain more kcalories than protein
  - B. Supply 4 kcalories per gram
  - C. Add sweetness to food
  - D. Provide a major source of fuel for the body
29. Which of the following is characteristic of lipids?
- A. Supply 4 kcalories per gram
  - B. Add structural strength to bones and muscles
  - C. Supply a concentrated form of fuel for the body
  - D. Add sweetness to food
30. A warning sign or symptom of alcohol poisoning is
- A. semiconsciousness or unconsciousness.
  - B. rapid breathing.
  - C. skin that is hot to the touch.
  - D. insomnia.
31. Gram for gram, which provides the most energy?
- A. Carbohydrates
  - B. Proteins
  - C. Alcohol
  - D. Fats
32. Which of the following is not a characteristic of protein?
- A. Major component of body structure
  - B. Supplies 4 kcalories per gram
  - C. Most significant energy source for humans
  - D. Forms enzymes

33. Which of the following yield greater than 4 kcalories per gram?
- A. Plant fats
  - B. Plant carbohydrates
  - C. Plant proteins
  - D. Animal proteins
34. Which of the following is not true about water?
- A. Provides energy
  - B. Provides a way to transport nutrients and waste
  - C. By-product of cell chemical reactions
  - D. Dietary need of approximately 9-13 cups per day
35. Which of the following is true about the energy content of nutrients?
- A. Lipids supply 7 kcalories per gram.
  - B. Carbohydrates and proteins supply 4 kcalories per gram.
  - C. Alcohol supplies 9 kcalories per gram.
  - D. Lipids and alcohol supply 9 kcalories per gram.
36. A kcalorie is a measure of
- A. heat energy.
  - B. fat in food.
  - C. nutrients in food.
  - D. sugar and fat in food.
37. A serving of bleu cheese dressing containing 23 grams of fat would yield \_\_\_\_\_ kcalories.
- A. 161
  - B. 92
  - C. 207
  - D. 255
38. A meal consisting of a cheeseburger, large fries, and a chocolate shake provides a total of 1,120 kcalories, of which 48 percent of the energy is from carbohydrate and 13 percent from protein. How many kcalories of fat does the meal contain?
- A. 137
  - B. 313
  - C. 287
  - D. 437
39. A large hamburger (e.g., Whopper) sandwich contains 628 kcalories and 36 grams of fat. Approximately what percentage of the total energy is contributed by fat?
- A. 23%
  - B. 52%
  - C. 19%
  - D. 41%
40. Which of the following should be limited in the diet because of their effect on blood cholesterol?
- A. Saturated fats
  - B. Unsaturated fats
  - C. Essential fats
  - D. Amino acids
41. Which of the following does not regulate body processes?
- A. Proteins
  - B. Carbohydrates
  - C. Water
  - D. Vitamins

42. Which of the following are substances in plant foods that are not digested in the stomach or small intestine?
- A. Dextrose
  - B. Disaccharides
  - C. Dietary fiber
  - D. Simple sugars
43. In chemistry terms, which of the following most accurately describes the term *organic*?
- A. Products sold at health food stores
  - B. Substances containing energy-yielding nutrients
  - C. Substances containing carbon
  - D. Products grown without the use of pesticides
44. *Healthy People 2010* was designed to
- A. promote healthful lifestyles and reduce preventable death and disability in all Americans.
  - B. disclose dietary practices that best support health.
  - C. prevent chronic disease.
  - D. eliminate dietary inadequacies and excesses, and to encourage healthful practices.
45. An appropriate attitude toward aging and health is
- A. if I live a healthful lifestyle, I may slow the aging process.
  - B. the single most important factor for slowing the aging process is eating a healthful diet.
  - C. there is nothing I can do to slow the aging process so I will do whatever is most convenient for me.
  - D. I will live life to the fullest and let my family physician tell me when I need to change.
46. Which of the following is true about the North American diet?
- A. Most of our protein comes from plant sources.
  - B. Approximately half of our carbohydrates come from simple sugars.
  - C. Most of our fats come from plant sources.
  - D. Most of our carbohydrates come from starches.
47. The "Freshman 15" is the
- A. typical waist circumference of college students after freshman year.
  - B. typical body fat percentage of college students after freshman year.
  - C. amount of weight (in pounds) typically gained during freshman year of college.
  - D. typical BMI of college students after freshman year.
48. Which of the following contain no calories?
- A. Alcohol
  - B. Proteins
  - C. Carbohydrates
  - D. Vitamins
49. Which of the following is not a simple carbohydrate?
- A. Starches
  - B. Table sugar
  - C. Disaccharides
  - D. Monosaccharides
50. Which of the following includes all energy-yielding substances?
- A. Carbohydrates, lipids, protein
  - B. Vitamins, minerals, carbohydrates, lipids, protein
  - C. Alcohol, carbohydrates, lipids, protein
  - D. Carbohydrates, lipids, protein, vitamins, minerals, water

51. Which of the following is not a nutrition-related objective from *Healthy People 2010*?
- A. Reduce obesity
  - B. Increase fruit intake
  - C. Increase grain intake
  - D. Increase protein intake
52. Which of the following hormones is made by the fat cells and influences long-term regulation of total fat stores?
- A. Endorphins
  - B. Cortisol
  - C. Leptin
  - D. Neuropeptide Y
53. Which of the following terms describes psychological influences that encourage us to find and eat food?
- A. Appetite
  - B. Hunger
  - C. Satiety
  - D. Obsession
54. Current factors that can influence American food habits negatively are
- A. more offerings of chicken and fish in restaurants as alternatives to beef.
  - B. the time-oriented, hurried lifestyle leading to many meals eaten away from home.
  - C. the variety of new, low fat products in the supermarket.
  - D. more published information on the nutritional content of fast foods.
55. Food eaten away from home now accounts for close to \_\_\_\_ of the American food dollar.
- A. 10%
  - B. 25%
  - C. 50%
  - D. 75%

## Matching Questions

56.

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

## Chapter 01 Test Bank: What You Eat and Why **Key**

### Fill in the Blank Questions

1. For student athletes, water is an adequate fluid replacement for events lasting less than \_\_\_\_\_ minutes.

60 or  
sixty

*Bloom's Level: Understand*  
*Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students*  
*Section: Nutrition and Your Health Eating Well in College*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students*  
*Section: Nutrition and Your Health Eating Well in College*  
*Topic: Nutrition Basics*

3. The six classes of nutrients include carbohydrates, lipids, proteins, vitamins, minerals, and \_\_\_\_\_.

**water** or  
**H2O**

*Bloom's Level: Remember*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

4. One cup of chocolate milk contains 15 grams of carbohydrate, 8 grams of fat, and 8 grams of protein. This cup of milk supplies \_\_\_\_\_ kcal.

**164** or  
**one hundred sixty-four**

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

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

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

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

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

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



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

19 or  
nineteen or  
20 or  
twenty

$$30 \text{ g fat} \times 9 \text{ kcal/g} = 270 \text{ kcal from fat}$$
$$270 \text{ kcal from fat} / 1400 \text{ total kcal} = 0.19$$

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

7. Shelby weighs 70 kilograms, which is \_\_\_\_\_ pounds.

154 or  
one hundred fifty-four

$$70 \text{ kg} \times 2.2 \text{ lb/kg} = 154 \text{ lb}$$

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

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

5 or  
five

$$140 \text{ g} / 28 \text{ g/oz} = 5 \text{ oz}$$

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

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

2 or  
two

$$1 \text{ quart is approximately equal to } 1 \text{ liter (0.946 L)}.$$

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

10. On average, Americans consume approximately \_\_\_\_\_ % of total kcal as fat.

33 or  
thirty-three

*Bloom's Level: Understand*  
*Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement*  
*Section: 1.05*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

13. Which nutrient makes up 60 percent of the human body?  
\_\_\_\_\_  
**Water** or  
**H<sub>2</sub>O**

*Bloom's Level: Understand*  
*Figure: 1.01*  
*Section: 1.03*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students*  
*Section: Nutrition and Your Health Eating Well in College*  
*Topic: Nutrition Basics*

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

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

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

*Bloom's Level: Understand*  
*Figure: 1.02*  
*Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention*  
*Section: 1.04*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Figure: 1.03*  
*Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics*  
*Section: 1.07*  
*Topic: Nutrition Basics*

## Multiple Choice Questions

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.01 Identify diet and lifestyle factors that contribute to the 10 leading causes of death in North America*  
*Section: 1.01*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
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*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement*  
*Section: 1.05*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Remember*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students*  
*Section: Nutrition and Your Health Eating Well in College*  
*Topic: Nutrition Basics*

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

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

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Apply*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention*  
*Section: 1.04*  
*Topic: Nutrition Basics*

37. A serving of bleu cheese dressing containing 23 grams of fat would yield \_\_\_\_\_ calories.  
A. 161  
B. 92  
**C.** 207  
D. 255

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

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

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

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

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

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention*  
*Section: 1.06*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention*  
*Section: 1.06*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Apply*  
*Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention*  
*Section: 1.06*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.05 List the major characteristics of the North American diet and the food habits that often need improvement*  
*Section: 1.05*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.07 Identify food and nutrition issues relevant to college students*  
*Section: Nutrition and Your Health Eating Well in College*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Section: 1.04*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Section: 1.04*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*  
*Section: 1.02*  
*Section: 1.04*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.04 Describe a basic plan for health promotion and disease prevention*  
*Section: 1.06*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics*  
*Section: 1.07*  
*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*  
*Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics*  
*Section: 1.07*  
*Topic: Nutrition Basics*



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

*Figure: 1.04*

*Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics*

*Section: 1.05*

*Section: 1.06*

*Topic: Nutrition Basics*

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

*Bloom's Level: Understand*

*Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics*

*Section: 1.07*

*Topic: Nutrition Basics*

## Matching Questions

56.

1. Appetite	The building block for proteins containing carbon, hydrogen, oxygen, and nitrogen	<u>9</u>
2. Hunger	Substances found in plants that contribute to a reduced risk of cancer or heart disease in people who consume them regularly	<u>6</u>
3. Vitamins	Heat needed to raise 1 liter of water 1 degree Celsius	<u>5</u>
4. Satiety	Psychological (external) influences that encourage us to find and eat food	<u>1</u>
5. Kcalorie	A hormone made by adipose tissue that influences long-term regulation of fat mass	<u>1</u> <u>0</u>
6. Phytochemicals	A neurotransmitter synthesized from the amino acid tryptophan that appears to decrease the desire to eat carbohydrates and to induce sleep	<u>1</u> <u>5</u>
7. Nutrients	Compounds needed in very small amounts in the diet to help regulate and support chemical reactions in the body	<u>3</u>
8. Minerals	Chemical substances in food that contribute to health.	<u>7</u>
9. Amino acid	Physiological (internal) drive to find and eat food, mostly regulated by innate cues to eating	<u>2</u>
10. Leptin	Chemical elements used in the body to promote chemical reactions and to form body structures	<u>8</u>
11. Hormone	An aspect of our lives that may make us more likely to develop a disease	<u>1</u> <u>2</u>
12. Risk factor	Compound that speeds the rate of a chemical process but is not altered by the process	<u>1</u> <u>4</u>
13. Obesity	State in which there is no longer a desire to eat; a feeling of satisfaction	<u>4</u>
14. Enzyme	Compound secreted into the bloodstream that acts to control the function of distant cells	<u>1</u> <u>1</u>
15. Serotonin	Hereditary material that provides the blueprints for the production of cell proteins	<u>1</u> <u>6</u>
16. Genes	A condition characterized by excess body fat	<u>1</u> <u>3</u>

*Bloom's Level: Understand*

*Learning Outcome: 1.01 Identify diet and lifestyle factors that contribute to the 10 leading causes of death in North America*

*Learning Outcome: 1.02 Define the terms nutrition, carbohydrate, protein, lipid (fat), alcohol, vitamin, mineral, water, kilocalorie (kcal), and fiber*

*Learning Outcome: 1.06 Describe how our food habits are affected by physiological processes, meal size and composition, early experiences, ethnic customs, health concerns, advertising, social class, and economics*

*Section: 1.01*

*Section: 1.02*

*Section: 1.03*

*Section: 1.07*

*Topic: Nutrition Basics*

## Chapter 01 Test Bank: What You Eat and Why **Summary**

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Bloom's Level: Remember	4
Bloom's Level: Understand	40
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