

Chapter 02

Choose A Healthy Diet

Multiple Choice Questions

1. The science of food and how the body uses it in health and disease is called:

- A. the dietary guidelines.
- B. the food guide pyramid.
- C. nutrition.
- D. sensible eating.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Define nutrition

Topic Area: Nutrition Basics

2. A century ago, most Americans did all of the following EXCEPT:

- A. living on farms.
- B. shopping at grocery stores regularly.
- C. growing vegetable gardens.
- D. eating minimally processed foods.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Nutrition basics

Topic Area: Nutrition Basics

3. What constituent of food forms the bulk of what we eat every day?

- A. Vitamins
- B. Minerals
- C. Macronutrients
- D. Micronutrients

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Identify the macronutrients

Topic Area: Nutrition Basics

4. Which of the following refers to nutrients required in the body in the greatest amounts, namely carbohydrates, fats, protein, and water?

- A. Micronutrients
- B. Macronutrients
- C. Plastids
- D. Mitochondria

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Identify the macronutrients

Topic Area: Nutrition Basics

5. Fats, proteins, and water are all considered ____.

- A. macronutrients
- B. micronutrients
- C. minor nutrients
- D. subnutrients

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Identify the macronutrients

Topic Area: Nutrition Basics

6. What are the nutrients that are required only in small amounts?

- A. Macronutrients
- B. Proteins
- C. Micronutrients
- D. Fiber

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Identify the micronutrients
Topic Area: Nutrition Basics

7. Vitamins and minerals are considered _____.

- A. macronutrients
- B. micronutrients**
- C. subnutrients
- D. major nutrients

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Identify the micronutrients
Topic Area: Nutrition Basics

8. What is the common unit of energy used in the United States to describe human energy intake and expenditure?

- A. Calorie**
- B. Kilojoule
- C. Micromilligram
- D. Kilogram

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Define Calorie
Topic Area: Nutrition Basics

9. A gram of carbohydrate yields approximately _____ calories.

- A. 2
- B. 4**
- C. 6
- D. 8

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Recall the functions and energy value of carbohydrates
Topic Area: Nutrition Basics

10. What is the main function of carbohydrates?

- A. To provide fuel for the body cells**
- B. To regulate body processes
- C. To maintain body temperature
- D. To build and repair cells

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Recall the functions and energy value of carbohydrates
Topic Area: Nutrition Basics

11. The organic compounds that are divided into two types, simple and complex, are called _____.

- A. proteins
- B. calories
- C. kilocalories
- D. carbohydrates**

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Differentiate complex carbohydrates from simple carbohydrates
Topic Area: Nutrition Basics

12. Which of the following is an advantage of complex carbohydrates over simple carbohydrates?

- A. They provide energy for a longer period.**
- B. They are absorbed quickly by the body.
- C. They contain a high amount of calories.
- D. They are lower in fat.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge
Learning Objective: Differentiate complex carbohydrates from simple carbohydrates
Topic Area: Nutrition Basics

13. Fiber is the indigestible part of _____ foods.
- A. adulterated
 - B. inorganic
 - C. plant-based
 - D. animal-based

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Define fiber
Topic Area: Nutrition Basics

14. Which of the following is one of the best sources of soluble fiber?
- A. Whole grains
 - B. Wheat bran
 - C. Vegetables
 - D. Oats

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Differentiate soluble and insoluble fiber
Topic Area: Nutrition Basics

15. Which of the following is the best way to increase one's fiber intake?
- A. By eating a variety of whole grains, vegetables, legumes, and fruits
 - B. By consuming at least three servings of low-fat milk products every day
 - C. By making dietary supplements a part of one's diet
 - D. By decreasing one's intake of red meat

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Recognize ways to increase fiber in the diet
Topic Area: Nutrition Basics

16. Which of the following is the most concentrated source of calories in a diet?
- A. Fats
 - B. Carbohydrates
 - C. Proteins
 - D. Vitamins

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Define fat
Topic Area: Nutrition Basics

17. Which of the following types of fat is generally found in red meats and dairy products?
- A. Unsaturated fats
 - B. Polyunsaturated fats
 - C. *Trans* fats
 - D. Saturated fats

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Identify sources of saturated fats
Topic Area: Nutrition Basics

18. Which of the following refers to *trans* fats?
- A. Unsaturated fats that are partially hydrogenated
 - B. Fats high in omega-3 fatty acids
 - C. Fats that are neither saturated nor unsaturated
 - D. Saturated fats converted into unsaturated fats

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Recognize the definition of trans fats

Topic Area: Nutrition Basics

19. Which of the following refers to vegetable oils chemically converted to a solid form?

- A. Polyunsaturated fats
- B. Unsaturated fats
- C. Trans fats**
- D. Monosaturated fats

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Recognize the definition of trans fats

Topic Area: Nutrition Basics

20. What substance exists in every cell in the body and is required for tissue growth and maintenance?

- A. Glycogen
- B. Protein**
- C. Fat
- D. Glucose

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Define protein

Topic Area: Nutrition Basics

21. Which nutrient provides the body with essential amino acids?

- A. Carbohydrates
- B. Protein**
- C. Fats
- D. Vitamins

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Define protein

Topic Area: Nutrition Basics

22. Which of the following substances are found only in small quantities in food but play a variety of roles in regulating and maintaining bodily functions?

- A. Vitamins and minerals**
- B. Sugars and starches
- C. Fats and proteins
- D. Carbohydrates and fiber

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the role that vitamins and minerals play in the diet

Topic Area: Nutrition Basics

23. _____ are (is) a group of inorganic elements that are essential to a variety of physiological processes and are obtained through the foods and beverages we consume.

- A. Hormones
- B. Mitochondria
- C. Plastids
- D. Minerals**

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Define minerals

Topic Area: Nutrition Basics

24. Which of these is the substance found in certain vitamins that helps protect the body cells from damage?

- A. Micronutrients
- B. Antioxidants**
- C. Macronutrients
- D. Free radicals

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the purpose of antioxidants and their role in the body

Topic Area: Nutrition Basics

25. Which of the following is the most essential nutrient?

- A. Protein
- B. Fiber
- C. Water**
- D. Fat

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the importance of water in the diet

Topic Area: Nutrition Basics

26. Which of these agencies or organizations is primarily responsible for providing nutrition information and advice to Americans?

- A. World Health Organization
- B. U.S. Food and Drug Administration
- C. U.S. Department of Health and Human Services
- D. U.S. Department of Agriculture**

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the government's contribution to educating society in regard to nutritional standards

Topic Area: Recommendations for Healthy Eating

27. The *Dietary Guidelines for Americans* are based on the best possible _____ knowledge of diet and exercise.

- A. local
- B. scientific**
- C. anecdotal
- D. public

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Explain the Dietary Guidelines for Americans

Topic Area: Recommendations for Healthy Eating

28. What are the *Dietary Guidelines for Americans* designed to help people do?

- A. Choose diets that meet nutrient requirements**
- B. Lose weight
- C. Reduce physical activity
- D. Promote chronic disease

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Explain the purpose of the Dietary Guidelines for Americans

Topic Area: Recommendations for Healthy Eating

29. Which of the following is a recommendation of the 2015–2020 *Dietary Guidelines*?

- A. Increase calories from added sugars and saturated fats.
- B. Shift to healthier food and beverage choices.**
- C. Increase sodium content in food.
- D. Prepare food with little or no salt.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand key recommendations regarding carbohydrates

Topic Area: Recommendations for Healthy Eating

30. In an effort to make it easier for people to make better food choices, the U.S. Department of Agriculture (USDA) recently developed:

- A. the food guide pyramid.
- B. ChooseMyPlate.**
- C. the Food Guidance System Education Framework.
- D. the USDA Nutritional Guidelines.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the ChooseMyPlate guide

Topic Area: Recommendations for Healthy Eating

31. The 2015–2020 Dietary Guidelines provide five overarching recommendations that include all of the following EXCEPT:

- A. avoiding oversized portions.
- B. consuming fat-free or low-fat milk.
- C. choosing lower sodium foods.
- D. drinking sugary drinks instead of water.**

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Nutrition basics

Topic Area: Recommendations for Healthy Eating

32. When was the food guidance system ChooseMyPlate launched?

- A. 1975
- B. 1985
- C. 1995
- D. 2011**

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the ChooseMyPlate guide

Topic Area: Recommendations for Healthy Eating

33. Food poisoning is caused by consuming:

- A. too much fats.
- B. too many sweets.
- C. contaminated foods or beverages.**
- D. foods that have been cooked too long.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Define foodborne illness or disease

Topic Area: Recommendations for Healthy Eating

34. To kill microorganisms, cook ground beef to an internal temperature of _____ degrees Fahrenheit.

- A. 145
- B. 150
- C. 160**
- D. 180

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Identify ways to prevent foodborne illnesses in the home

Topic Area: Recommendations for Healthy Eating

35. The Centers for Disease Control and Prevention (CDC) report that obesity rates doubled among American adults between:

- A. 1960 and 1970.
- B. 1970 and 1990.
- C. 1980 and 1990.
- D. 1980 and 2010.**

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Recognize the obesity problem in the United States

Topic Area: Weight Control

36. The obesity problem in America can be understood as a result of all of the following lifestyle changes EXCEPT:

- A. less convenient access to food.**
- B. less physical activity.
- C. more food choices.
- D. larger portions.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Recognize the obesity problem in the United States

Topic Area: Weight Control

37. The key to understanding weight control is:
- A. the United States Department of Agriculture (USDA) guidelines.
 - B. MyPyramid.
 - C. energy intake versus energy expenditure.**
 - D. nutrition basics.

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Define energy balance
Topic Area: Weight Control

38. A healthy weight refers to a body weight:
- A. at which you look the way you want to.
 - B. at which you can physically function at a high level of well-being.**
 - C. that allows you to get into clothes you wore in high school.
 - D. that encourages you to eat nutritious foods.

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Define healthy weight
Topic Area: Weight Control

39. What is the approximate body mass index (BMI) range for healthy weight?
- A. 8.5–15
 - B. 15.5–20
 - C. 18.5–24.9**
 - D. 25.5–30

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Define body mass index (BMI)
Topic Area: Weight Control

40. Common field methods for determining body composition include all of the following EXCEPT:
- A. the measurement of skinfolds.
 - B. the measurement of circumferences.
 - C. the measurement of bioelectric impedance.
 - D. weighing on a scale.**

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Differentiate the categories and methods of body composition measurements
Topic Area: Weight Control

41. In relation to fat distribution, research has shown that _____ fat may be more dangerous for long-term health than other locations containing fat.
- A. abdominal**
 - B. arm
 - C. lower hip
 - D. facial

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Identify the health risk related to body fat distribution
Topic Area: Weight Control

42. Which of the following eating disorders is more widespread than anorexia?
- A. Eczema
 - B. Night eating syndrome
 - C. Bulimia**
 - D. Ketosis

Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Differentiate anorexia from bulimia
Topic Area: Weight Control

43. The condition in which energy consumption is consistently higher than energy expenditure is known as _____ energy balance.

- A. negative
- B. positive**
- C. lost
- D. greater

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the difference between positive energy balance and negative energy balance

Topic Area: Weight Control

44. People who consume 500 calories a day less than they expend should lose how many pounds per week?

- A. 1 pound**
- B. 2 pounds
- C. 3 pounds
- D. 4 pounds

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Application

Learning Objective: Calculate weight loss or gain based on positive and negative energy balances over time.

Topic Area: Weight Control

45. In order to eat well, we need to:

- A. read books on healthy living.
- B. improve the everyday choices we make about food.**
- C. begin a weight-loss program.
- D. gather more nutritional knowledge.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Recall the necessary steps to healthy eating

Topic Area: Translating Knowledge into Action

46. If we wish to change a behavior, the likelihood of success is much better if we:

- A. listen to our peers.
- B. go on a diet.
- C. take the time to develop a sound plan.**
- D. read books about it.

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Recall the strategies for behavior change developed by the Mayo Clinic

Topic Area: Translating Knowledge into Action

47. The National Weight Control Registry estimates that _____ percent of people who are overweight or obese have been able to achieve weight-loss success.

- A. 10
- B. 20**
- C. 30
- D. 35

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the purpose of the National Weight Control Registry

Topic Area: Translating Knowledge into Action

48. Successful long-term maintenance of weight loss is defined as intentionally losing at least _____ percent of your body weight and keeping it off for at least a year.

- A. 10**
- B. 12
- C. 15
- D. 20

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the purpose of the National Weight Control Registry

Topic Area: Translating Knowledge into Action

True / False Questions

49. A nutrient is a substance found in food that the body uses to grow, maintain, and repair itself.

TRUE

*Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Define nutrient
Topic Area: Nutrition Basics*

50. The way we eat has changed over the last century in part because of refrigeration and modern appliances.

TRUE

*Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Nutrition basics
Topic Area: Nutrition Basics*

51. Nutrition is about understanding why we like the foods we do.

FALSE

*Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Define nutrition
Topic Area: Nutrition Basics*

52. Fats satisfy hunger because of their fast absorption rate from the digestive system.

FALSE

*Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Recall the role of fat in daily energy intake
Topic Area: Nutrition Basics*

53. Proteins are complex inorganic compounds made up of amino acids.

FALSE

*Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Define protein
Topic Area: Nutrition Basics*

54. The fat-soluble vitamins—A, D, E, and K—are necessary for the function or structural integrity of specific body tissues and membranes and are retained in the body.

TRUE

*Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Recall the function of fat-soluble vitamins
Topic Area: Nutrition Basics*

55. Vitamin E is an oxidant that helps to counter the harmful anti-oxidative effects of free radicals.

FALSE

*Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Recall the function of fat-soluble vitamins
Topic Area: Nutrition Basics*

56. One measure for checking hydration is to weigh yourself every day to ensure that you have consumed enough fluids to restore water weight.

TRUE

*Accessibility: Keyboard Navigation
Bloom's Taxonomy: Knowledge
Learning Objective: Distinguish the various indicators of dehydration as they may present to individuals
Topic Area: Nutrition Basics*

57. The *Dietary Guidelines for Americans 2015–2020* are the cornerstone of federal nutrition policy and nutrition education activities.

TRUE

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Explain the Dietary Guidelines for Americans

Topic Area: Recommendations for Healthy Eating

58. Due to the wide range of food preferences and choices, learning to eat healthier and maintain good eating habits has become easier over the years.

FALSE

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Recall the purpose of ChooseMyPyramid MyPlate

Topic Area: Recommendations for Healthy Eating

59. The "Nutrition Facts" panel on food labels is specially designed for each individual product so that consumers can easily understand key information.

FALSE

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Analyze and understand food labels to determine nutritional differences

Topic Area: Recommendations for Healthy Eating

60. Steroids are substances added to the diet that contain primarily vitamins, minerals, and botanicals.

FALSE

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the relationship between dietary supplements and health

Topic Area: Recommendations for Healthy Eating

61. The body mass index (BMI) is a measure of the percentage of body fat.

FALSE

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Define body mass index (BMI)

Topic Area: Weight Control

62. Our basic body shape is greatly influenced by both gender and the foods we are fed as infants.

FALSE

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Recall the factors that influence body characteristics

Topic Area: Weight Control

63. For a person with a body mass index (BMI) above 20, the chances of dying early increase.

FALSE

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Understand the relationship between increased BMI and death

Topic Area: Weight Control

64. Body composition is the categorizing of body weight into fat and lean components.

TRUE

Accessibility: Keyboard Navigation

Bloom's Taxonomy: Knowledge

Learning Objective: Define body composition

Topic Area: Weight Control

65. In relation to body fat distribution, researchers have shown that abdominal fat may be less dangerous for long-term health than fat in other locations.

FALSE

Accessibility: Keyboard Navigation
 Bloom's Taxonomy: Knowledge
 Learning Objective: Identify the health risk related to body fat distribution
 Topic Area: Weight Control

66. Awareness and the desire to improve are the two most important factors in changing eating habits.

FALSE

Accessibility: Keyboard Navigation
 Bloom's Taxonomy: Knowledge
 Learning Objective: Recall the basics of behavior change
 Topic Area: Translating Knowledge into Action

67. Nutrition is about understanding what types of food and how much of it one needs and reconciling that with one's eating habits.

TRUE

Accessibility: Keyboard Navigation
 Bloom's Taxonomy: Knowledge
 Learning Objective: Recall the meaning of nutrition
 Topic Area: Translating Knowledge into Action

Short Answer Questions

68. Explain obesity and identify several reasons for it.

Bloom's Taxonomy: Comprehension
 Learning Objective: Recognize the obesity problem in the United States
 Topic Area: Weight Control

69. Explain the two most common types of eating disorders.

Bloom's Taxonomy: Comprehension
 Learning Objective: Define eating disorders
 Topic Area: Weight Control

70. Create a personalized plan involving healthy eating and weight management. List four questions you might ask yourself about your food and lifestyle choices to ensure that your plan meets the essential criteria for success.

Bloom's Taxonomy: Comprehension
 Learning Objective: Explain the criteria that should be used when evaluating diets
 Topic Area: Translating Knowledge into Action

<u>Category</u>	<u># of Questions</u>
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Bloom's Taxonomy: Comprehension	3
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Learning Objective: Define energy balance	1
Learning Objective: Define fat	1
Learning Objective: Define fiber	1
Learning Objective: Define foodborne illness or disease	1
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Learning Objective: Differentiate the categories and methods of body composition measurements	1
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Learning Objective: Recall the factors that influence body characteristics	1
Learning Objective: Recall the function of fat-soluble vitamins	2
Learning Objective: Recall the functions and energy value of carbohydrates	2
Learning Objective: Recall the meaning of nutrition	1
Learning Objective: Recall the necessary steps to healthy eating	1
Learning Objective: Recall the purpose of ChooseMyPyramid MyPlate	1
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Learning Objective: Understand the difference between positive energy balance and negative energy balance	1
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Learning Objective: Understand the importance of water in the diet	1
Learning Objective: Understand the purpose of antioxidants and their role in the body	1
Learning Objective: Understand the purpose of the National Weight Control Registry	2
Learning Objective: Understand the relationship between dietary supplements and health	1
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