

***Nutrition: An Applied Approach, 3e, My Plate Edition (Thompson/Manore)***  
**In Depth: Alcohol**

Multiple-Choice Questions

1) The chemical structure of alcohol is similar to which macronutrient?

- A) water
- B) carbohydrate
- C) protein
- D) fat

Answer: B

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Skill: Factual

2) A "drink" is defined as the amount of a beverage that provides how many fluid ounce of pure alcohol?

- A) one quarter oz.
- B) one half oz.
- C) three quarters oz.
- D) one oz.

Answer: B

Page Ref: 29

Skill: Factual

3) Moderate intake of alcohol for women is defined as how many drink(s) per day?

- A) zero
- B) two
- C) one
- D) three

Answer: C

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Skill: Factual

4) Which of the following is NOT a benefit of moderate alcohol intake?

- A) increase in HDL-cholesterol levels.
- B) decreased risk of breast cancer.
- C) improved appetite in the elderly.
- D) reduced risk of abnormal clot formation.

Answer: B

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Skill: Factual

5) The antioxidant found in red wine that may confer health benefits is

- A) resveratrol.
- B) selenium.
- C) lutein.
- D) retinol.

Answer: A

Page Ref: 29

Skill: Factual

6) Alcohol provides how many kilocalories per gram?

- A) two
- B) four
- C) seven
- D) nine

Answer: C

Page Ref: 30

Skill: Factual

7) On average, a healthy adult can metabolize the equivalent of how many drink(s) per hour?

- A) one
- B) two
- C) three
- D) four

Answer: A

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Skill: Factual

8) Which of the following is NOT associated with the overconsumption of alcohol?

- A) Alcohol increases urine output, resulting in dehydration.
- B) Alcohol irritates the lining of the stomach leading to an increase in gastric acid production.
- C) Alcohol disrupts metabolism leading to high levels of blood glucose.
- D) Alcohol disrupts the normal sleep cycle.

Answer: C

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Skill: Factual

9) What is the primary site of alcohol metabolism in the body?

- A) the liver
- B) the stomach
- C) the pancreas
- D) the small intestine

Answer: A

Page Ref: 30

Skill: Factual

10) Which of the following is equivalent to one drink?

- A) 12 ounces of beer
- B) 6 ounces of wine
- C) 2 ounces of 80 proof whiskey, scotch, gin, or vodka
- D) 8 ounces of wine cooler

Answer: A

Page Ref: 29

Skill: Applied

11) For males, binge drinking is defined as consuming how many alcoholic drinks on one occasion within a short period of time?

- A) 5 or more
- B) 10 or more
- C) 15 or more
- D) 20 or more

Answer: A

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Skill: Factual

12) The need to drink larger and larger amounts of alcohol to get the equivalent pleasurable sensations associated with alcohol intake is referred to as

- A) craving.
- B) tolerance.
- C) dependence.
- D) bingeing.

Answer: B

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Skill: Factual

13) Irregular breathing, cold and clammy skin, and loss of consciousness are all signs of

- A) alcoholic hepatitis.
- B) cirrhosis.
- C) alcoholism.
- D) alcohol poisoning.

Answer: D

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Skill: Factual

14) Which of the following is NOT a tip for taking control of your alcohol intake?

- A) Eat a meal or snack high in carbohydrates before having an alcoholic drink.
- B) Think about why you are planning to drink.
- C) Decide in advance what your alcohol intake will be.
- D) Dilute hard liquor with large amounts of water, diet soda, or juice.

Answer: A

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Skill: Factual

15) Which of the following is NOT a risk of drinking alcohol?

- A) malnutrition
- B) increased risk of chronic disease
- C) increased risk of traumatic injury
- D) increased brain function

Answer: D

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Skill: Factual

#### True/False Questions

1) Moderate alcohol consumption increases "good" cholesterol (HDL) and lowers "bad" cholesterol (LDL).

Answer: TRUE

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Skill: Factual

2) As few as two drinks per day can increase the risk of hypertension in some people.

Answer: TRUE

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Skill: Factual

3) People who abstain from alcohol should be encouraged to start drinking in moderation for the potential health benefits associated with alcohol consumption.

Answer: FALSE

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Skill: Applied

4) Women absorb a greater percentage of a given alcohol intake as compared to men of the same size.

Answer: TRUE

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Skill: Factual

5) Complete avoidance of all alcoholic beverages is the only way for most people who abuse alcohol to achieve full and ongoing recovery.

Answer: TRUE

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Skill: Conceptual

6) If someone passes out after a night of hard drinking, he or she should be left alone to "sleep it off."

Answer: FALSE

Page Ref: 33

Skill: Conceptual

7) Eight ounces (one cup) of beer is equivalent to one drink.

Answer: FALSE

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Skill: Factual

8) It is safe for pregnant women to consume moderate amounts of alcohol after the first trimester of pregnancy.

Answer: FALSE

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Skill: Applied

9) Women who are breastfeeding should abstain from alcohol as it easily passes into the breast milk at levels equal to blood alcohol concentrations.

Answer: TRUE

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Skill: Applied

10) Fetal alcohol syndrome (FAS) is a serious condition that is associated with physical birth defects and mental retardation.

Answer: TRUE

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Skill: Factual