

## **Peckenpaugh: Nutrition Essentials and Diet Therapy, 11<sup>th</sup> Edition**

### **Chapter 1: The Art of Nutrition in a Family Context**

#### **Test Bank**

#### **MULTIPLE CHOICE**

1. An example of external barriers to adequate nutrient intakes is
  - a. Inadequate kitchen facilities
  - b. Inadequate money to purchase food
  - c. Lack of exposure to a variety of foods
  - d. All of the above

ANS: D

2. The Daily Values as found on food labels are based on
  - a. 30% total fat
  - b. 10% saturated fat
  - c. 20% carbohydrate
  - d. Both A and B

ANS: D

3. In the lacto-ovo vegetarian diet
  - a. Dairy products and eggs are excluded.
  - b. Dairy foods and eggs supplement plant foods.
  - c. Fish and chicken are never included.
  - d. Inadequate amounts of nutrients are included, and the diet should never be followed.

ANS: B

4. What is the Food Exchange System?
  - a. A meal-planning guide originally developed for persons with diabetes
  - b. A meal-planning guide that counts starchy vegetables as equivalent to bread
  - c. A meal-planning guide that counts cheese as a meat equivalent, rather than a calcium source
  - d. All of the above

ANS: D

5. The following phrase describes the interplay of external and internal forces on health:
  - a. Nutritional status
  - b. Biopsychosocial concerns
  - c. Health-care team
  - d. None of the above

ANS: B

6. The nutrition care process
  - a. Includes assessment, planning, intervention, education, and diagnosis
  - b. Uses nonverbal communication only
  - c. Is the same as the nursing process, with the omission of nursing diagnosis
  - d. Does not have steps that must be followed in order

ANS: C

7. The evaluation of outcomes
  - a. May be based on quizzes, as appropriate
  - b. May involve monitoring laboratory values
  - c. May be done through formal or informal conversation
  - d. Includes all of the above

ANS: D

8. Which of the following is an example of a good active-listening question?
  - a. "Here is a diet sheet provided by a pharmaceutical company."
  - b. "You are wrong; let me tell you what is right."
  - c. "How do you feel about eating less fat and sugar?"
  - d. "Whom do you know can help you?"

ANS: C

9. Which of the following is *not* a part of the health-care team?
  - a. Patient or client
  - b. Doctor
  - c. Dietitian
  - d. None of the above

ANS: D

10. For members of the health-care team to be effective in helping an individual make dietary changes, which of the following is important?
  - a. Displaying warmth and understanding
  - b. Establishing a rapport with the person
  - c. Focusing on positive messages
  - d. All of the above

ANS: D