

1. Which of the following is NOT among the features of a chronic disease?

- a. It develops slowly
- b. It lasts a long time
- c. It produces sharp pains
- d. It progresses gradually

ANSWER: c

POINTS: 1

REFERENCES: Introduction

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

2. What is the chief reason people choose the foods they eat?

- a. Cost
- b. Taste
- c. Convenience
- d. Nutritional value

ANSWER: b

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Apply

3. Which of the following is NOT among the consequences of making poor food choices?

- a. Over the long term, they will reduce lifespan in some people
- b. They can promote heart disease and cancer over the long term
- c. Over the long term, they will not affect lifespan in some people
- d. When made over just a single day, they exert great harm to your health

ANSWER: d

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

4. A child's strong dislike of noodle soup that developed after she consumed some when she was sick with flu is an example of a food-related

- a. habit.
- b. social interaction.
- c. emotional turmoil.
- d. negative association.

ANSWER: d

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

5. A parent who offers a child a favorite snack as a reward for good behavior is encouraging a food behavior known as

- a. social interaction.
- b. reverse psychology.
- c. positive association.
- d. habitual reinforcement.

ANSWER: c

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

6. A person who eats a bowl of oatmeal for breakfast every day is most likely making a food choice based on

- a. habit.
- b. availability.
- c. body image.
- d. environmental concerns.

ANSWER: a

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Apply

7. Which of the following represents a food choice based on negative association?

- a. A tourist from China who rejects a hamburger due to unfamiliarity
- b. A child who spits out his mashed potatoes because they taste too salty
- c. A teenager who grudgingly accepts an offer for an ice cream cone to avoid offending a close friend
- d. An elderly gentleman who refuses a peanut butter and jelly sandwich because he deems it a child's food

ANSWER: d

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Apply

8. The motive for a person who alters his diet due to religious convictions is most likely his

- a. values.
- b. body image.
- c. ethnic heritage.
- d. functional association.

ANSWER: a

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Apply

9. A person viewing an exciting sports match of her favorite team and eating because of nervousness would be displaying a food choice behavior most likely based on

- a. habit.
- b. availability.
- c. emotional comfort.
- d. positive association.

ANSWER: c

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Apply

10. Approximately what percentage of US consumers eat home-cooked meals at least 3 times per week?

- a. 20
- b. 40
- c. 60
- d. 80

ANSWER: d

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

11. All of the following are examples of functional foods EXCEPT

- a. tomatoes.
- b. regular oatmeal.
- c. regular white bread.
- d. calcium-fortified juice.

ANSWER: c

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

12. What is the term that defines foods that contain nonnutrient substances whose known action in the body is to promote well-being to a greater extent than that contributed by the food's nutrients?

- a. Fortified foods
- b. Enriched foods
- c. Functional foods
- d. Health-enhancing foods

ANSWER: c

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

13. Nonnutrient substances found in plant foods that show biological activity in the body are commonly known as

- a. folionutrients.
- b. inorganic fibers.
- c. phytochemicals.
- d. phyllochemicals.

ANSWER: c

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

14. By chemical analysis, what nutrient is present in the highest amounts in most foods?

- a. Fats
- b. Water
- c. Proteins
- d. Carbohydrates

ANSWER: b

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

15. Approximately how much water (lbs) would be found in a 120-lb person?

- a. 12
- b. 24
- c. 36
- d. 72

ANSWER: d

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

16. Which of the following is NOT one of the six classes of nutrients?

- a. Fiber b. Protein
- c. Minerals d. Vitamins

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

17. A nutrient needed by the body and that must be supplied by foods is termed a(n)

- a. nutraceutical. b. metabolic unit.
- c. organic nutrient. d. essential nutrient.

ANSWER: d

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

18. Which of the following is NOT classified as a macronutrient?

- a. Fat b. Protein
- c. Calcium d. Carbohydrate

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

19. Which of the following is an example of a macronutrient?

- a. Protein b. Calcium
- c. Vitamin C d. Vitamin D

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

20. Which of the following is classified as a micronutrient?

- a. Iron b. Protein
- c. Alcohol d. Carbohydrate

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

21. Which of the following is an organic compound?

- a. Salt
- b. Water
- c. Calcium
- d. Vitamin C

ANSWER: d

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

22. An essential nutrient is one that cannot be

- a. found in food.
- b. degraded by the body.
- c. made in sufficient quantities by the body.
- d. used to synthesize other compounds in the body.

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

23. Which of the following most accurately defines the term *organic*?

- a. Products sold at health food stores
- b. Products grown without use of pesticides
- c. Foods having superior nutrient qualities
- d. Substances with carbon-carbon or carbon-hydrogen bonds

ANSWER: d

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

24. Which of the following is an organic nutrient?

- a. Fat
- b. Water
- c. Oxygen
- d. Calcium

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

25. Approximately how many nutrients are considered indispensable in the diet?

- a. 15
- b. 25

c. 40 d. 55

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

26. Which of the following **cannot** add fat to the body?

- a. Alcohol b. Proteins
- c. Carbohydrates d. Inorganic nutrients

ANSWER: d

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

27. Which of the following nutrients does **not** yield energy during its metabolism?

- a. Fat b. Proteins
- c. Vitamins d. Carbohydrates

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

TOPICS: Bloom's: Remember

KEYWORDS: Bloom's: Remember

28. Which of the following is an example of a micronutrient?

- a. Fat b. Protein
- c. Vitamin C d. Carbohydrate

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Apply

29. How much energy is required to raise the temperature of one kilogram (liter) of water 1°C?

- a. 10 calories b. 1 kilocalorie
- c. 10,000 calories d. 1000 kilocalories

ANSWER: b

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Apply

30. Gram for gram, which of the following provides the most energy?

- a. Fats b. Alcohol
- c. Proteins d. Carbohydrates

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Apply

31. Food energy is commonly expressed in kcalories and in

- a. kilojoules. b. kilograms.
- c. kilometers. d. kilonewtons.

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Apply

32. International units of energy are expressed in

- a. newtons. b. calories.
- c. kilojoules. d. kilocalories.

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

33. Approximately how many milliliters are contained in a half-cup of milk?

- a. 50 b. 85
- c. 120 d. 200

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

34. A normal half-cup vegetable portion weighs approximately how many grams?

- a. 5 b. 50
- c. 100 d. 200

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are

organic and which yield energy.

KEYWORDS: Bloom's: Remember

35. A weight reduction regimen calls for a daily intake of 1400 kcalories, which includes 30 g of fat. Approximately what percentage of the total energy is contributed by fat?

- a. 8.5 b. 15
- c. 19 d. 25.5

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

36. A diet provides a total of 2200 kcalories, of which 40% of the **energy** is from fat and 20% from protein. How many **grams** of carbohydrate are contained in the diet?

- a. 220 b. 285
- c. 440 d. 880

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

37. What is the kcalorie value of a meal supplying 110 g of carbohydrates, 25 g of protein, 20 g of fat, and 5 g of alcohol?

- a. 160 b. 345
- c. 560 d. 755

ANSWER: d

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

38. Which of the following nutrient sources yields **more** than 4 kcalories per gram?

- a. Plant fats b. Plant proteins
- c. Animal proteins d. Plant carbohydrates

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

39. Which of the following is a result of the metabolism of energy nutrients?

- a. Energy is released b. Body fat increases
- c. Energy is destroyed d. Body water decreases

ANSWER: a

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

40. Which of the following statements most accurately describes the composition of most foods?

- a. They contain only one of the three energy nutrients, although a few contain all of them
- b. They contain equal amounts of the three energy nutrients, except for high-fat foods
- c. They contain mixtures of the three energy nutrients, although only one or two may predominate
- d. They contain only two of the three energy nutrients, although there are numerous other foods that contain only one

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

41. In the body, the chemical energy in food can be converted to any of the following EXCEPT

- a. heat energy.
- b. light energy.
- c. electrical energy.
- d. mechanical energy.

ANSWER: b

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

42. When consumed in excess, all of the following can be converted to body fat and stored EXCEPT

- a. sugar.
- b. corn oil.
- c. alcohol.
- d. vitamin C.

ANSWER: d

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

43. How many vitamins are known to be required in the diet of human beings?

- a. 5
- b. 8
- c. 10
- d. 13

ANSWER: d

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

44. Which of the following is NOT a characteristic of the vitamins?

- a. Essential
- b. Inorganic
- c. Destructible
- d. kCalorie-free

ANSWER: b

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

45. Which of the following is a feature of the minerals as nutrients?

- a. They are organic
- b. They yield 4 kcalories per gram
- c. Some become dissolved in body fluids
- d. Some may be destroyed during cooking

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

TOPICS: Bloom's: Remember

KEYWORDS: Bloom's: Remember

46. How many minerals are known to be required in the diet of human beings?

- a. 6
- b. 12
- c. 16
- d. 24

ANSWER: c

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

47. Which of the following is NOT a characteristic of the minerals?

- a. Yield no energy
- b. Unstable to light
- c. Stable in cooked foods
- d. Structurally smaller than vitamins

ANSWER: b

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

48. Your friend Carrie took a daily supplement of vitamin C and stated that she felt a lot better. Her experience is best described as a(n)

- a. anecdote.
- b. blind experiment.

- c. nutritional genomic. d. case-control experience.

ANSWER: a

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

49. Overcooking a food is least likely to affect which of the following groups of nutrients?

- a. Vitamins b. Minerals
c. Proteins d. Carbohydrates

ANSWER: b

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

50. The study of how a person's genes interact with nutrients is termed

- a. genetic counseling. b. nutritional genomics.
c. genetic metabolomics. d. nutritional nucleic acid pool.

ANSWER: b

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

51. What is the meaning of a double-blind experiment?

- a. Both subject groups take turns getting each treatment
b. Neither subjects nor researchers know which subjects are in the control or experimental group
c. Neither group of subjects knows whether they are in the control or experimental group, but the researchers do know
d. Both subject groups know whether they are in the control or experimental group, but the researchers do not know

ANSWER: b

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

52. In the scientific method, a tentative solution to a problem is called the

- a. theory. b. prediction.
c. hypothesis. d. correlation.

ANSWER: c

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

53. Among the following, which is the major weakness of a laboratory-based study?

- a. The costs are usually high
- b. It is difficult to replicate the findings
- c. The results cannot be applied to human beings
- d. Experimental variables cannot be easily controlled

ANSWER: c

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Apply

54. What is the benefit of using controls in an experiment?

- a. The size of the groups can be very large
- b. The subjects do not know anything about the experiment
- c. The subjects who are treated are balanced against the placebos
- d. The subjects are similar in all respects except for the treatment being tested

ANSWER: d

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Apply

55. What is the benefit of using a large sample size in an experiment?

- a. Chance variation is ruled out
- b. There will be no placebo effect
- c. The experiment will be double-blind
- d. The control group will be similar to the experimental group

ANSWER: a

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Apply

56. A clinical trial must involve

- a. tissue cells in culture.
- b. rats or mice as subjects.
- c. human beings as subjects.
- d. computer modeling to design the study.

ANSWER: c

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Apply

57. What is the benefit of using placebos in an experiment?

- a. All subjects are similar
- b. All subjects receive a treatment
- c. Neither subjects nor researchers know who is receiving treatment
- d. One group of subjects receives a treatment and the other group receives nothing

ANSWER: b

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

58. You have been asked to help a top nutrition researcher conduct human experiments on vitamin C. As the subjects walk into the laboratory, you distribute all the vitamin C pill bottles to the girls and all the placebo pill bottles to the boys. The researcher instantly informs you that there are **two** errors in your research practice. What steps should you have done differently?

- a. Given all the boys the vitamin C and the girls the placebo, and told them what they were getting
- b. Distributed the bottles randomly, randomized the subjects, and told them what they were getting
- c. Told the subjects which group they were in, and prevented yourself from knowing the contents of the pill bottles
- d. Prevented yourself from knowing what was in the pill bottles, and distributed the bottles randomly to the subjects

ANSWER: d

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

59. In nutrition research, observations of the quantities and types of foods eaten by groups of people and the health status of those groups are known as

- a. case-control studies.
- b. epidemiological studies.
- c. human intervention trials.
- d. correlation-control studies.

ANSWER: b

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

60. Overeating and gaining body weight is an example of a

- a. variable effect.
- b. positive correlation.
- c. negative correlation.
- d. randomization effect.

ANSWER: b

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

61. An increase in exercise accompanied by a decrease in body weight is an example of a

- a. variable effect.
- b. positive correlation.
- c. negative correlation.
- d. randomization effect.

ANSWER: c

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

62. Before publication in a reputable journal, the findings of a research study must undergo scrutiny by experts in the field according to a process known as

- a. peer review.
- b. cohort review.
- c. intervention examination.
- d. double-blind examination.

ANSWER: a

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

63. Which of the following is NOT a typical part of a research article?

- a. References
- b. Speculation
- c. Introduction
- d. Review of the literature

ANSWER: b

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

64. All of the following sets of values are included in the Dietary Reference Intakes EXCEPT

- a. AI.
- b. RDA.
- c. EAR.
- d. LUT.

ANSWER: d

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Apply

65. Which of the following is NOT a set of values within the Dietary Reference Intakes?

- a. Adequate Intakes
- b. Estimated Average Allowances
- c. Tolerable Upper Intake Levels
- d. Recommended Dietary Allowances

ANSWER: b
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Apply

66. The smallest amount of a nutrient that, when consumed over a prolonged period, maintains a specific function is called the nutrient

- a. allowance.
- b. requirement.
- c. tolerable limit.
- d. adequate intake.

ANSWER: b
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Apply

67. If a group of people consumed an amount of protein equal to the average **requirement** for their population group, what percentage would receive insufficient amounts?

- a. 2
- b. 33
- c. 50
- d. 98

ANSWER: c
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Remember

68. A health magazine contacted you for your expert opinion on what measure best describes the amounts of nutrients that should be consumed by the population. Your reply should be:

- a. The Dietary Reference Intakes because they are a set of nutrient intake values for healthy people in the United States and Canada.
- b. The Tolerable Upper Intake levels because they are the maximum daily amount of a nutrient that appears safe for most healthy people.
- c. The Estimated Average Requirements because they reflect the average daily amount of a nutrient that will maintain a specific function in half of the healthy people of a population.
- d. The Recommended Dietary Allowances because they represent the average daily amount of a nutrient considered adequate to meet the known nutrient needs of practically all healthy people.

ANSWER: d
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Remember

69. Recommended Dietary Allowances may be used to

- a. measure nutrient balance of population groups.
- b. assess dietary nutrient adequacy for individuals.
- c. treat persons with diet-related illnesses.
- d. calculate exact food requirements for most individuals.

ANSWER: b

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

70. Recommended Dietary Allowances are based on the

- a. Lower Tolerable Limit.
- b. Upper Tolerable Limit.
- c. Subclinical Deficiency Value.
- d. Estimated Average Requirement.

ANSWER: d

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

71. The amount of a nutrient that meets the needs of about 98% of a population is termed the

- a. Adequate Intake.
- b. Daily Recommended Value.
- c. Tolerable Upper Intake Level.
- d. Recommended Dietary Allowance.

ANSWER: d

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

72. The RDA (Recommended Dietary Allowances) for nutrients are generally

- a. more than twice as high as anyone needs.
- b. the minimum amounts that average people need.
- c. designed to meet the needs of almost all healthy people.
- d. designed to prevent deficiency diseases in half the population.

ANSWER: c

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

73. How are the RDA for almost all vitamin and mineral intakes set?

- a. Low, to reduce the risk of toxicity
- b. High, to cover virtually all healthy individuals
- c. Extremely high, to cover every single person
- d. At the mean, to cover most healthy individuals

ANSWER: b

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

74. Which of the following is NOT a feature of the Adequate Intake (AI) and the Recommended Dietary Allowance (RDA)?

- a. Both values exceed the average requirements

- b. AI values are more tentative than RDA values
- c. The percentage of people covered is known for both values
- d. Both values may serve as nutrient intake goals for individuals

ANSWER: c

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

75. All of the following features are shared by the RDA and the AI EXCEPT

- a. both are included in the DRI.
- b. both serve as nutrient intake goals for individuals.
- c. neither covers 100% of the population's nutrient needs.
- d. neither is useful for evaluating nutrition programs for groups of people.

ANSWER: d

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

76. Which of the following is a purpose of both the Recommended Dietary Allowance and Adequate Intake?

- a. Setting nutrient goals for individuals
- b. Identifying toxic intakes of nutrients
- c. Restoring health of malnourished individuals
- d. Developing nutrition programs for schoolchildren

ANSWER: a

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

77. Bob consumes about 2500 kcalories per day, which is apportioned as 150 g of fat, 140 g of carbohydrate, and 150 g of protein. What would be the appropriate revisions to help Bob adjust his nutrient intake so that it matches the Acceptable Macronutrient Distribution Ranges?

- a. 70 g fat, 156 g protein, 313 g carbohydrate
- b. 140 g fat, 150 g protein, 150 g carbohydrate
- c. 500 g fat, 750 g protein, 1250 g carbohydrate
- d. 10 g fat, 20 g protein, 45 g carbohydrate

ANSWER: a

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

78. Which of the following represents a rationale for DRI energy recommendations?

- a. Because protein is an energy nutrient, the figures for energy intake are set in proportion to protein intake
- b. Because a large number of people are overweight, the figures are set to induce a gradual weight loss in most individuals

- c. Because the energy needs within each population group show little variation, the figures are set to meet the needs of almost all individuals
- d. Because a margin of safety would result in excess energy intake for a large number of people, the figures are set at the average energy intake

ANSWER: d

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

79. What does the Tolerable Upper Intake Level of a nutrient represent?

- a. The maximum amount allowed for fortifying a food
- b. A number calculated by taking twice the RDA or three times the AI
- c. The maximum allowable amount available in supplement form
- d. The maximum amount from all sources that appears safe for most healthy people

ANSWER: d

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

80. What set of values is used to recommend the average kcalorie intake that maintains population groups in energy balance?

- a. Estimated Energy Requirement
- b. Adequate Average Requirement
- c. Recommended Dietary Allowance
- d. Acceptable Energy Distribution Range

ANSWER: a

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

81. The percentages of kcalorie intakes for protein, fat, and carbohydrate that are thought to reduce the risk of chronic diseases are termed the

- a. Estimated Energy Requirements.
- b. Tolerable Range of Kilocalorie Intakes.
- c. Estimated Energy Nutrient Recommendations.
- d. Acceptable Macronutrient Distribution Ranges.

ANSWER: d

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

82. What is the AMDR for carbohydrate?

- a. 5-10%
- b. 15-25%
- c. 30-40%
- d. 45-65%

ANSWER: d
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Remember

83. Which of the following figures falls within the carbohydrate range of the AMDR?

- a. 35% b. 50%
- c. 70% d. 90%

ANSWER: b
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Remember

84. What is the AMDR for protein?

- a. 10-35% b. 40-45%
- c. 50-65% d. 70-85%

ANSWER: a
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Remember

85. What is the upper range of fat intake in the AMDR?

- a. 20% b. 25%
- c. 35% d. 50%

ANSWER: c
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Remember

86. What is the AMDR for fat?

- a. 10-30% b. 20-35%
- c. 40-55% d. 60-75%

ANSWER: b
POINTS: 1
REFERENCES: 1.4 Dietary Reference Intakes
LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
KEYWORDS: Bloom's: Remember

87. If a person consumed the upper AMDR limit for protein as part of a diet providing 2500 kcalories, approximately how many **grams** of protein would be ingested?

- a. 41 b. 63
- c. 135 d. 219

ANSWER: d
POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

88. Which statement about the recommended nutrient intakes is FALSE?

- a. The recommendations also apply to sick people
- b. The recommendations are designed to be met through intake of foods and not supplements
- c. It is difficult and unnecessary to meet the recommended intakes for all nutrients each day
- d. The recommendations are neither minimum requirements nor necessarily optimal intakes for everybody

ANSWER: a

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

89. The Dietary Reference Intakes may be used to

- a. treat people with diet-related disorders.
- b. assess adequacy of all required nutrients.
- c. plan and evaluate diets for healthy people.
- d. assess adequacy of only vitamins and minerals.

ANSWER: c

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

90. Which of the following is used to detect nutrient deficiencies?

- a. Assessment techniques
- b. Nutrient stages identification
- c. Overt symptoms identification
- d. Outward manifestations assessment

ANSWER: a

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

91. As a registered dietitian at Jones Hospital, you are instructed to write a policy statement on nutrition assessment procedures for all new patients. Which of the following are the most useful parameters for the nutrition assessment of individuals?

- a. Diet recall, food likes and dislikes, allergies, favorite family recipes
- b. Anthropometric data, physical examinations, food likes and dislikes, family tree
- c. Diet record that includes what the patient usually eats, which will provide sufficient information
- d. Historical information, anthropometric data, physical examinations, laboratory tests

ANSWER: d

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

92. Which of the following is an anthropometric measure?

- a. Body weight
- b. Blood pressure
- c. Blood iron level
- d. Food intake information

ANSWER: a

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

93. Inspection of hair, eyes, skin, and posture is part of the nutrition assessment component known as

- a. diet history.
- b. anthropometrics.
- c. biochemical testing.
- d. physical examination.

ANSWER: d

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

94. Which of the following is used to determine the presence of abnormal functions inside the body due to a nutrient deficiency?

- a. Diet history
- b. Laboratory tests
- c. Body weight loss
- d. Physical examination

ANSWER: b

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

95. Which of the following represents the usual sequence of stages in the development of a nutrient deficiency resulting from inadequate intake?

- a. Declining nutrient stores, abnormal functions within the body, and overt signs
- b. Abnormal functions within the body, declining nutrient stores, and overt signs
- c. Abnormal functions within the body, overt signs, and declining nutrient stores
- d. Declining nutrient stores, overt signs, and abnormal functions within the body

ANSWER: a

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

96. Which of the following would most likely lead to a primary nutrient deficiency?

- a. Inadequate nutrient intake
- b. Reduced nutrient absorption

- c. Increased nutrient excretion d. Increased nutrient destruction

ANSWER: a

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

97. What type of deficiency is caused by inadequate absorption of a nutrient?

- a. Primary b. Clinical
c. Secondary d. Subclinical

ANSWER: c

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

98. A subclinical nutrient deficiency is defined as one that

- a. shows overt signs. b. is in the early stages.
c. shows resistance to treatment. d. is similar to a secondary deficiency.

ANSWER: b

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

99. Which of the following is an **overt** symptom of iron deficiency?

- a. Anemia b. Headaches
c. Skin dryness d. Decreased red blood cell count

ANSWER: b

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

100. To identify early-stage malnutrition, a health professional would use which of the following parameters?

- a. Laboratory tests b. Anthropometric data
c. Physical exam results d. Review of dietary intake data

ANSWER: a

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

101. What entity coordinates nutrition-related research activities of federal agencies?

- a. U.S. Public Health Service
- b. Food and Drug Administration
- c. Dietary Reference Intakes committee
- d. The National Nutrition Monitoring program

ANSWER: d

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

102. The goal of Healthy People is to

- a. establish the DRI.
- b. identify national trends in food consumption.
- c. identify leading causes of death in the United States.
- d. set goals for the nation's health over the next 10 years.

ANSWER: d

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

103. Which of the following does NOT describe a national trend in eating habits of Americans?

- a. We eat larger portions
- b. We snack more frequently
- c. We eat more high-fiber foods
- d. We eat more meals away from home

ANSWER: c

POINTS: 1

REFERENCES: 1.5 Nutritional Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

104. The 5 most common causes of death today in the United States include all of the following EXCEPT

- a. stroke.
- b. cancer.
- c. suicide.
- d. heart disease.

ANSWER: c

POINTS: 1

REFERENCES: 1.6 Diet and Health

LEARNING OBJECTIVES: UNCN.RPW.10.1.6 - 1.6 - Identify several risk factors and explain their relationships to chronic diseases.

KEYWORDS: Bloom's: Remember

105. Of the ten leading causes of illness and death, how many are associated directly with nutrition?

- a. 1
- b. 4
- c. 7
- d. 10

ANSWER: b

POINTS: 1
REFERENCES: 1.6 Diet and Health
LEARNING OBJECTIVES: UNCN.RPW.10.1.6 - 1.6 - Identify several risk factors and explain their relationships to chronic diseases.
KEYWORDS: Bloom's: Remember

106. Which of the following leading causes of death in the U.S. does NOT bear a relationship to diet?

- a. Cancer
- b. Heart disease
- c. Diabetes mellitus
- d. Pneumonia and influenza

ANSWER: d

POINTS: 1

REFERENCES: 1.6 Diet and Health

LEARNING OBJECTIVES: UNCN.RPW.10.1.6 - 1.6 - Identify several risk factors and explain their relationships to chronic diseases.

KEYWORDS: Bloom's: Remember

107. Factors known to be related to a disease but not proven to be causal are called

- a. risk factors.
- b. genetic factors.
- c. degenerative factors.
- d. environmental factors.

ANSWER: a

POINTS: 1

REFERENCES: 1.6 Diet and Health

LEARNING OBJECTIVES: UNCN.RPW.10.1.6 - 1.6 - Identify several risk factors and explain their relationships to chronic diseases.

KEYWORDS: Bloom's: Remember

108. Which of the following statements defines the association between a risk factor and the development of a disease?

- a. All people with the risk factor will develop the disease
- b. The absence of a risk factor guarantees freedom from the disease
- c. The more risk factors for a disease, the greater the chance of developing that disease
- d. The presence of a factor such as heredity can be modified to lower the risk of degenerative diseases

ANSWER: c

POINTS: 1

REFERENCES: 1.6 Diet and Health

LEARNING OBJECTIVES: UNCN.RPW.10.1.6 - 1.6 - Identify several risk factors and explain their relationships to chronic diseases.

KEYWORDS: Bloom's: Remember

109. Which of the following factors makes the greatest contribution to deaths in the United States?

- a. Guns
- b. Alcohol
- c. Tobacco
- d. Automobiles

ANSWER: c

POINTS: 1

REFERENCES: 1.6 Diet and Health

LEARNING OBJECTIVES: UNCN.RPW.10.1.6 - 1.6 - Identify several risk factors and explain their relationships to chronic diseases.

KEYWORDS: Bloom's: Remember

110. What single behavior contributes to the most deaths in the United States?

- a. Poor diet
- b. Tobacco use
- c. Alcohol intake
- d. Sexual activity

ANSWER: b

POINTS: 1

REFERENCES: 1.6 Diet and Health

LEARNING OBJECTIVES: UNCN.RPW.10.1.6 - 1.6 - Identify several risk factors and explain their relationships to chronic diseases.

KEYWORDS: Bloom's: Remember

111. Who would be the most appropriate person to consult regarding nutrition information?

- a. Chiropractor
- b. Medical doctor
- c. Registered dietitian
- d. Health food store manager

ANSWER: c

POINTS: 1

REFERENCES: Highlight.1 Nutrition Information and Misinformation

LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.

KEYWORDS: Bloom's: Remember

112. All of the following are minimum requirements for becoming a registered dietitian EXCEPT

- a. earning an undergraduate degree.
- b. completing up to a three-week clinical internship or the equivalent.
- c. completing approximately 60 semester hours in nutrition and food science.
- d. passing a national examination administered by the Academy of Nutrition and Dietetics.

ANSWER: b

POINTS: 1

REFERENCES: Highlight.1 Nutrition Information and Misinformation

LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.

KEYWORDS: Bloom's: Remember

113. Which of the following describes the legal limitations, if any, for a person who disseminates dietary advice to the public?

- a. The title "dietitian" can be used by anyone in all states
- b. The title "nutritionist" can be used by anyone in all states
- c. A license to practice as a nutritionist or dietitian is required by some states
- d. A license to practice as a nutritionist or dietitian is mandatory in all states

ANSWER: c

POINTS: 1

REFERENCES: Highlight.1 Nutrition Information and Misinformation

LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.

KEYWORDS: Bloom's: Remember

114. Which of the following individuals is most likely to possess the **least** amount of nutrition training?

- a. Dietetic technician
- b. Registered dietitian
- c. Certified nutritionist
- d. Dietetic technician, registered

ANSWER: c
POINTS: 1
REFERENCES: Highlight.1 Nutrition Information and Misinformation
LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
KEYWORDS: Bloom's: Remember

115. For which of the following titles, by definition, must the individual be college educated and pass a national examination administered by the Academy of Nutrition and Dietetics?

- a. Medical doctor
- b. Registered dietician
- c. Certified nutritionist
- d. Certified nutrition therapist

ANSWER: b
POINTS: 1
REFERENCES: Highlight.1 Nutrition Information and Misinformation
LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
KEYWORDS: Bloom's: Remember

116. Which of the following best describes a college-educated nutrition and food specialist who is qualified to make evaluations of the nutritional health of people?

- a. Registered dietitian
- b. Licensed nutritionist
- c. Master of nutrient utilization
- d. Doctor of food and nutritional sciences

ANSWER: a
POINTS: 1
REFERENCES: Highlight.1 Nutrition Information and Misinformation
LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
KEYWORDS: Bloom's: Remember

117. A person who assists registered dietitians has the formal title of

- a. dietetic assistant.
- b. nutrition assistant.
- c. dietetic technician.
- d. nutrition technician.

ANSWER: c
POINTS: 1
REFERENCES: Highlight.1 Nutrition Information and Misinformation
LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
KEYWORDS: Bloom's: Remember

118. All of the following are recognized, credible sources of nutrition information EXCEPT

- a. Who's Who in Nutrition.
- b. the Food and Drug Administration.
- c. the United States Department of Agriculture.
- d. the Academy of Nutrition and Dietetics.

ANSWER: a
POINTS: 1

REFERENCES: Highlight.1 Nutrition Information and Misinformation
LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.
KEYWORDS: Bloom's: Remember

119. Describe six behavioral or social motives governing people's food choices.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

120. Explain how food choices are influenced by habits, emotions, physical appearance, and ethnic background.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

121. Discuss some of the consequences of eating in response to emotions.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.1 Food Choices

LEARNING OBJECTIVES: UNCN.RPW.10.1.1 - 1.1 - Describe how various factors influence personal food choices.

KEYWORDS: Bloom's: Remember

122. Define the term *organic*. How do the properties of vitamins relate to their organic nature? Contrast these points with the properties of inorganic compounds such as minerals.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.2 The Nutrients

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.

KEYWORDS: Bloom's: Remember

123. List the strengths and weaknesses of epidemiological studies, laboratory-based studies, and clinical trials.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

124. Explain the importance of the placebo and the double-blind technique in carrying out research studies.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.3 The Science of Nutrition

LEARNING OBJECTIVES: UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

KEYWORDS: Bloom's: Remember

125. Describe the steps involved in establishing nutrient values that make up the Dietary Reference Intakes.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

126. Compare and contrast the meaning of Adequate Intakes, Recommended Dietary Allowances, Estimated Average Requirements, and Tolerable Upper Intake Levels for nutrients.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

127. What approach is taken in setting recommendations for energy intakes? Why is this approach taken? How does this approach differ from that taken for other nutrients?

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

128. Compare and contrast the rationales underlying dietary recommendations for individuals versus those for populations.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.4 Dietary Reference Intakes

LEARNING OBJECTIVES: UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.

KEYWORDS: Bloom's: Remember

129. List and discuss four methods commonly used to assess nutritional status of individuals.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.5 Nutrition Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

130. Discuss how the results from national nutrition surveys are used by private and government agencies and groups.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.5 Nutrition Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

131. List the national trends of food consumption over the past 40 years.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.5 Nutrition Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

132. List 10 goals of the Healthy People program. How successful is the program thus far?

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.5 Nutrition Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

133. Discuss the meaning and significance of the relationships between risk factors and chronic diseases.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.6 Diet and Health

LEARNING OBJECTIVES: UNCN.RPW.10.1.6 - 1.6 - Identify several risk factors and explain their relationships to chronic diseases.

KEYWORDS: Bloom's: Remember

134. List ways to identify a reliable nutrition information website.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: Highlight.1 Nutrition Information and Misinformation

LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.

KEYWORDS: Bloom's: Remember

135. (A.) List techniques that help identify nutrition quackery. (B.) Where can you find reliable sources of nutrition information?

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: Highlight.1 Nutrition Information and Misinformation

LEARNING OBJECTIVES: UNCN.RPW.10.1.7 - 1.7 - Recognize misinformation and describe how to identify reliable nutrition information.

KEYWORDS: Bloom's: Remember

136. (A.) Explain the education and training requirements associated with obtaining registration as a dietitian. (B.) List several career areas in which registered dietitians are often employed.

ANSWER: Answers will vary.

POINTS: 1

REFERENCES: 1.2 The Nutrients
1.3 The Science of Nutrition
1.4 Dietary Reference Intakes
1.5 Nutrition Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.
UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Remember

- a. 7
- b. 16
- c. 20
- d. 40
- e. 100
- f. Fat
- g. Water
- h. Energy
- i. Protein
- j. Organic
- k. Placebo
- l. Inorganic
- m. Validity
- n. Hypothesis
- o. Undernutrition
- p. Overnutrition
- q. Anthropometrics
- r. Overt deficiency
- s. Physical examination
- t. Subclinical deficiency

REFERENCES: 1.2 The Nutrients
1.3 The Science of Nutrition
1.4 Dietary Reference Intakes
1.5 Nutrition Assessment

LEARNING OBJECTIVES: UNCN.RPW.10.1.2 - 1.2 - Name the six major classes of nutrients and identify which are organic and which yield energy.
UNCN.RPW.10.1.3 - 1.3 - Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.
UNCN.RPW.10.1.4 - 1.4 - Define the four categories of the DRI and explain their purposes.
UNCN.RPW.10.1.5 - 1.5 - Explain how the four assessment methods are used to detect energy and nutrient deficiencies and excesses.

KEYWORDS: Bloom's: Apply

137. Nutrient with the highest body concentration

ANSWER: g

POINTS: 0

138. Substance containing no carbon or not pertaining to living things

ANSWER: 1

POINTS: 0

139. Number of indispensable nutrients for human beings

ANSWER: d

POINTS: 0

140. Most substances containing carbon-hydrogen bonds

ANSWER: j

POINTS: 0

141. Substance containing nitrogen

ANSWER: i

POINTS: 0

142. Energy (kcal) required to increase temperature of 1 kg of water from 0° C to 100° C

ANSWER: e

POINTS: 0

143. Nutrient with the highest energy density

ANSWER: f

POINTS: 0

144. Energy (kcal) yield of five grams of sugar

ANSWER: c

POINTS: 0

145. Energy (kcal) yield of one gram of alcohol

ANSWER: a

POINTS: 0

146. Number of indispensable minerals for human beings

ANSWER: b

POINTS: 0

147. An unproven statement

ANSWER: n

POINTS: 0

148. An inert medication

ANSWER: k

POINTS: 0

149. Possessing the quality of being evidence based

ANSWER: m

POINTS: 0

150. The recommended intake is set at the population mean

ANSWER: h

POINTS: 0

151. Excess nutrient intake leads to this

ANSWER: p

POINTS: 0

152. Deficient nutrient intake leads to this

ANSWER: o

POINTS: 0

153. Measurement of physical characteristics

ANSWER: q

POINTS: 0

154. Inspection of skin, tongue, eyes, hair, and fingernails

ANSWER: s

POINTS: 0

155. A nutrient deficiency showing outward signs

ANSWER: r

POINTS: 0

156. A nutrient deficiency in the early stages

ANSWER: t

POINTS: 0