

***Nutrition for Life, 4e* (Thompson/Manore)**  
**Chapter 1 Nutrition: Making it Work for You**

1.1 Multiple Choice Questions

1) Which statement is FALSE concerning the science of nutrition?

- A) Nutrition is the study of how food nourishes the body.
- B) Nutrition encompasses how we digest, metabolize, and store nutrients.
- C) Nutrition is an ancient science that dates to the fourteenth century.
- D) Nutrition involves studying the factors that influence eating patterns.

Answer: C

Chapter: 1

Section: 1.1

Learning Outcome: 1

Difficulty: Easy

Blooms/Skills: Remembering

2) Poor nutrition is STRONGLY associated with

- A) weight loss.
- B) osteoporosis.
- C) heart disease, stroke, and diabetes.
- D) increased longevity.

Answer: C

Chapter: 1

Section: 1.1

Learning Outcome: 1

Difficulty: Easy

Blooms/Skills: Understanding

3) Which of the following is an example of a disease that is directly caused by a nutritional deficiency?

- A) scurvy
- B) cancer
- C) obesity
- D) heart disease

Answer: A

Chapter: 1

Section: 1.1

Learning Outcome: 1

Difficulty: Medium

Blooms/Skills: Understanding

4) Which of the following is NOT a nutrient?

- A) water
- B) alcohol
- C) vitamins
- D) minerals

Answer: B

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Remembering

5) Which of the following is a macronutrient?

- A) carbohydrate
- B) vitamin
- C) mineral
- D) alcohol

Answer: A

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Remembering

6) Which of the following are examples of carbohydrate-rich foods?

- A) butter and corn oil
- B) beef and pork
- C) wheat and lentils
- D) bacon and eggs

Answer: C

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Medium

Blooms/Skills: Understanding

7) Which of the following nutrients are the MOST energy dense?

- A) carbohydrates
- B) fats
- C) minerals
- D) vitamins

Answer: B

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Medium

Blooms/Skills: Analyzing

- 8) Which of the following BEST describes minerals?
- A) macronutrients that are broken down easily during digestion
  - B) nutrients that are easily destroyed by heat and light
  - C) micronutrients found in a variety of foods
  - D) chemical compounds that are needed in large amounts by the body

Answer: C

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Medium

Blooms/Skills: Remembering

- 9) Which of the following serve(s) as an important source of energy for muscles during times of rest and low-intensity activity?

- A) protein
- B) vitamins
- C) fat
- D) minerals

Answer: C

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Understanding

- 10) Which of the following is NOT a primary function of dietary protein?

- A) building new cells and tissues
- B) repairing damaged structures
- C) regulating metabolism and fluid balance
- D) serving as a primary source of energy for the body

Answer: D

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Medium

Blooms/Skills: Understanding

11) Vitamins are classified into two groups, one of which is called fat soluble. What is the other group called?

- A) water soluble
- B) macrosoluble
- C) nonsoluble
- D) microsoluble

Answer: A

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Remembering

12) Which dietary factor poses a critical health risk for Americans today?

- A) inadequate intake of protein and carbohydrates
- B) excess consumption of protein and carbohydrates
- C) inadequate intake of fruits, vegetables, nuts, and seeds
- D) vitamin C, sodium, and niacin deficiencies

Answer: C

Chapter: 1

Section: 1.1

Learning Outcome: 1

Difficulty: Medium

Blooms/Skills: Evaluating

13) The standard used to estimate the average amount of daily nutrients that meets the needs of half of all healthy individuals in a particular life stage or gender group is

- A) EAR.
- B) AI.
- C) RDA.
- D) UL.

Answer: A

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Medium

Blooms/Skills: Remembering

14) The dietary standard used to predict average energy (kcal) intake needed to maintain energy balance in healthy adults is the

- A) DRI.
- B) EER.
- C) AI.
- D) UL.

Answer: B

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Medium

Blooms/Skills: Remembering

15) Your grandmother has recently been diagnosed with type 2 diabetes. Which of the following professionals is MOST likely to be qualified to offer your grandmother assistance in planning her diabetic diet?

- A) registered dietitian (RD)
- B) PhD in nutrition
- C) medical doctor (MD)
- D) nutritionist

Answer: A

Chapter: 1

Section: 1.5

Learning Outcome: 8

Difficulty: Medium

Blooms/Skills: Applying

16) Which of the following professional titles generally has no definition or laws regulating it?

- A) registered dietitian
- B) medical doctor
- C) licensed nutritionist/dietitian
- D) nutritionist

Answer: D

Chapter: 1

Section: 1.5

Learning Outcome: 8

Difficulty: Easy

Blooms/Skills: Understanding

17) The type of study that compares two groups of individuals, one with the disease and one without the disease, in order to identify factors that might influence the disease is a(n)

- A) case-control study.
- B) clinical trial.
- C) epidemiological study.
- D) animal study.

Answer: A

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Medium

Blooms/Skills: Remembering

18) The four characteristics of a healthful diet are adequacy, balance, moderation, and

- A) Calories.
- B) color.
- C) value.
- D) variety.

Answer: D

Chapter: 1

Section: 1.3

Learning Outcome: 3

Difficulty: Easy

Blooms/Skills: Remembering

19) Which of the following BEST describes vitamins?

- A) micronutrients that are needed in large amounts by the body
- B) micronutrients that play a vital role in building and maintaining healthy bone, blood, and muscle tissue
- C) micronutrients that provide 4 kcal per gram
- D) micronutrients that remain intact after prolonged exposure to heat and/or light

Answer: B

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Medium

Blooms/Skills: Remembering

20) According to the USDA Food Patterns, an ounce-equivalent from the grain group can consist of

- A) 1 slice whole-wheat bread.
- B) 1/2 oz almonds.
- C) 2 cups raw spinach.
- D) 1 cup mashed potatoes.

Answer: A

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

21) Which of the following is NOT required on all food labels?

- A) statement of identity
- B) ingredient list
- C) Nutrition Facts panel
- D) claims related to health or disease

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Medium

Blooms/Skills: Understanding

22) The Nutrition Facts panel on a box of crackers indicates that one serving provides 140 Calories, with 55 Calories coming from fat. Calculate the percentage of Calories from fat in one serving of this product.

- A) 25%
- B) 39%
- C) 59%
- D) 85%

Answer: B

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Medium

Blooms/Skills: Applying

23) Andre is a college athlete who requires 2,800 kcal/day to support his total energy needs. Even though Andre likes many different foods and makes it a point to try new things, he consumes only approximately 1,600 kcal/day. Which one of the characteristics of a healthy diet is he missing?

- A) adequacy
- B) balance
- C) moderation
- D) variety

Answer: A

Chapter: 1

Section: 1.3

Learning Outcome: 3

Difficulty: Easy

Blooms/Skills: Applying

24) Marie is a stay-at-home mom who generally prepares the majority of meals for her household. Even though she always prepares meals that offer adequate Calories and nutrients for her family of four, she tends to make the same meals again and again. Which one of the characteristics of a healthy diet is Marie not incorporating into her meal planning?

- A) adequacy
- B) balance
- C) moderation
- D) variety

Answer: D

Chapter: 1

Section: 1.3

Learning Outcome: 3

Difficulty: Easy

Blooms/Skills: Applying

25) The *Dietary Guidelines for Americans* are a set of principles developed to promote health and reduce chronic diseases and overweight and obesity through

- A) dietary changes alone.
- B) exercise advice alone.
- C) medical interventions alone.
- D) both improved nutrition and increased physical activity.

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Easy

Blooms/Skills: Remembering



- 26) Foods high in sugar are generally
- A) made with unhealthful fats.
  - B) low in sodium.
  - C) high in protein.
  - D) not associated with overweight or obesity.

Answer: A

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

- 27) Excess sodium in the diet is linked to which disease in some individuals?

- A) cancer
- B) hyperactivity
- C) obesity
- D) high blood pressure

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Easy

Blooms/Skills: Understanding

- 28) Julie doesn't care for vegetables and restricts her intake of carbohydrates to only fruit sources. Which dietary guideline is Julie failing to practice?

- A) adequacy
- B) value
- C) balance
- D) moderation

Answer: C

Chapter: 1

Section: 1.3

Learning Outcome: 3

Difficulty: Easy

Blooms/Skills: Applying

- 29) Which nutrition advice BEST summarizes the concept of nutrient density?
- A) Choose a number of different foods within any given food group rather than the same old thing.
  - B) Consume a variety of foods from the five major food groups every day.
  - C) Plan your entire day's diet so that you juggle nutrient sources.
  - D) Consume foods that have the most nutrients for their Calories.

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Medium

Blooms/Skills: Understanding

- 30) Which of the following foods has the greatest nutrient density?

- A) 2 cups strawberry Life Savers (200 kcal)
- B) 1 cup strawberry Life Savers (100 kcal)
- C) 8 fluid ounces strawberry soda (100 kcal)
- D) 1 cup fresh strawberries (100 kcal)

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Medium

Blooms/Skills: Applying

- 31) Which of the USDA Food Patterns groups include foods high in fiber?

- A) alcohol and water
- B) dairy and protein
- C) nuts and legumes
- D) grains, vegetables, and fruits

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Medium

Blooms/Skills: Applying

32) Including fiber in your diet is beneficial to your GI tract, but consuming excess amounts of fiber can result in the loss of nutrients. This statement is an example of which of the following factors to consider when planning a healthful diet?

- A) adequacy
- B) Calorie control
- C) variety
- D) moderation

Answer: D

Chapter: 1

Section: 1.3

Learning Outcome: 3

Difficulty: Medium

Blooms/Skills: Understanding

33) The *Dietary Guidelines for Americans* recommend healthier fat sources, including canola oil and which of the following?

- A) butter
- B) lard
- C) margarine
- D) olive oil

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Easy

Blooms/Skills: Understanding

34) MyPlate was designed by the U.S. Department of Agriculture (USDA) as a(n)

- A) temporary alternative to MyPyramid.
- B) interactive visual guide to healthy eating.
- C) specific guide of Calorie intake for sedentary people.
- D) guide for restaurants to standardize portion sizes.

Answer: B

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Remembering

35) The fruits section of MyPlate emphasizes a greater variety of fruits and encourages the consumption of

- A) at least 1 1/2 cups of fruit every day.
- B) at least 2 1/2 cups of fruit every day.
- C) fruit juice at every meal.
- D) only fresh fruits.

Answer: A

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

36) Foods made with solid fats and/or added sugar are considered to contain empty Calories because

- A) they have fewer than 2 grams of carbohydrates.
- B) they provide few or no nutrients.
- C) their Calories cannot be converted to energy.
- D) they are immediately converted to fat in the body.

Answer: B

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Remembering

37) What is the primary reason that a high-fat diet can lead to overweight and obesity?

- A) Fats raise blood glucose levels.
- B) Fats provide energy but not nutrients.
- C) Fats can only be used for energy during high-intensity activity.
- D) Fats are energy dense.

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Medium

Blooms/Skills: Analyzing

38) The dairy portion of MyPlate applies to people who cannot consume dairy foods. They can get adequate calcium by consuming

A) more than six ounces of lean protein every day.

B) more than two cups of fruit every day.

C) enzyme supplements.

D) calcium-fortified juices, soy and rice beverages, and lactose-free dairy products.

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

39) Which of the following recommendations is emphasized in the grains group of MyPlate?

A) Make half your grains whole.

B) Choose grains low in fats and added sugars.

C) Focus on fiber.

D) Find your balance between enriched and whole grains.

Answer: A

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

40) The USDA Food Patterns' guide to healthy portion size is based on

A) food labels.

B) serving sizes in restaurants.

C) the ounce-equivalent.

D) the metric-equivalent.

Answer: C

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

41) What is the premier public health agency in the United States that addresses issues related to nutrition and disease?

- A) ASN
- B) CDC
- C) NCI
- D) ADA

Answer: B

Chapter: 1

Section: 1.5

Learning Outcome: 8

Difficulty: Easy

Blooms/Skills: Remembering

42) Dr. Taylor is conducting a study in her Introductory Biology class to determine if taking vitamin W can improve test scores on the first exam. She puts all of her students' names in a hat and has her teaching assistant draw names to determine which students will be placed in the control or the experimental group. The experimental group receives a capsule of vitamin W, while the control group receives a "sugar pill" that tastes and looks identical to the vitamin capsule. Dr. Taylor, her teaching assistant, and the students do not know who is receiving the experimental or control treatment. This experiment is BEST described as

- A) single-blind, random selection.
- B) double-blind, placebo controlled.
- C) single-blind, random selection, placebo controlled.
- D) double-blind, random selection, placebo controlled.

Answer: D

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Difficult

Blooms/Skills: Applying

43) A hypothesis or group of hypotheses that have been confirmed through repeated scientific experiments is considered a

- A) conclusion.
- B) fact.
- C) fallacy.
- D) theory.

Answer: D

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Easy

Blooms/Skills: Remembering

44) The studies BEST suited to assess nutritional habits, disease trends, or other health phenomena of large populations are known as

- A) animal studies.
- B) observational studies.
- C) personal testimonials.
- D) anecdotal reports.

Answer: B

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Easy

Blooms/Skills: Remembering

45) Drinking three 20-oz bottles of soft drinks every day violates which principle of a healthful diet?

- A) adequacy
- B) moderation
- C) balance
- D) variety

Answer: B

Chapter: 1

Section: 1.3

Learning Outcome: 3

Difficulty: Easy

Blooms/Skills: Applying

46) A practical way to estimate a healthy 3-oz serving of cooked meat, chicken, or fish is to make it approximately the size of

- A) a woman's palm.
- B) three decks of cards.
- C) a typical restaurant serving.
- D) a large bagel.

Answer: A

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

47) For a food package to be labeled "low in sodium," the Food and Drug Administration (FDA) requires that each serving of the product contain

- A) no sodium.
- B) only trace amounts of sodium.
- C) less than 250 mg of sodium.
- D) 140 mg or less of sodium.

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Easy

Blooms/Skills: Understanding

48) When reading the Nutrition Facts panel of a food, a consumer can find out how much a serving of the food contributes to the recommended overall daily intake of nutrients by looking at the

- A) total Calories from fat per serving.
- B) list of nutrients.
- C) percent daily values (%DVs).
- D) footnotes.

Answer: C

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Medium

Blooms/Skills: Understanding

49) A food label can contain claims without approval from the FDA if related to

- A) the structure-function of the food.
- B) the nutrients contained in the food.
- C) its impact on a person's health.
- D) its serving size.

Answer: A

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Medium

Blooms/Skills: Understanding



50) "Supports your immune system," claims the label on a package of cereal. This statement is

- A) a health claim regulated by the FDA.
- B) a structure-function claim not regulated by the FDA.
- C) a nutrient claim regulated by the FDA.
- D) guaranteed to be backed by scientific proof.

Answer: B

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Medium

Blooms/Skills: Understanding

51) A national food-industry group has paid for research on the health benefits of its product. In this case, the researcher's ability to conduct impartial research and report the findings accurately and responsibly can be compromised by

- A) single-blind experiments.
- B) double-blind experiments.
- C) conflict of interest.
- D) randomized trials.

Answer: C

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Medium

Blooms/Skills: Understanding

52) Misrepresentation of a product, program, or service for financial gain is known as

- A) credentialing.
- B) patenting.
- C) double-blinding.
- D) quackery.

Answer: D

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Easy

Blooms/Skills: Remembering

53) The Mediterranean diet is a unique dietary pattern that is characterized by

- A) high levels of monounsaturated fats.
- B) daily consumption of meat, fish, poultry, and eggs.
- C) lower levels of fat than the standard American diet.
- D) daily consumption of sweets.

Answer: A

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Medium

Blooms/Skills: Understanding

54) The Mediterranean diet is high in fiber and rich in vitamins and minerals because it includes daily consumption of

- A) fish.
- B) grains, fruits, beans, nuts, vegetables, and cheese and yogurt.
- C) animal fats.
- D) fiber supplements and vitamins.

Answer: B

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Medium

Blooms/Skills: Understanding

55) Which set of dietary guidelines identifies the specific amount of a nutrient you can healthfully consume?

- A) MyPlate food guidance system
- B) *Dietary Guidelines for Americans*
- C) Dietary Reference Intakes
- D) USDA Food Patterns

Answer: C

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Medium

Blooms/Skills: Understanding

56) The USDA Food Patterns' recommended numbers of servings from each food group are based on

- A) waist circumference and body mass index (BMI).
- B) the Adequate Intake (AI) level that prevents deficiency diseases.
- C) the average portion size served in an American restaurant.
- D) age, gender, and activity level.

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Medium

Blooms/Skills: Understanding

57) How are the AMDR and EER dietary reference values similar?

- A) They give reference values for the macronutrients.
- B) They take into account the energy requirements of healthy adults.
- C) They identify the upper values for safe intake of nutrients.
- D) They prevent vitamin-deficiency diseases.

Answer: B

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Medium

Blooms/Skills: Analyzing

58) The FDA plans to revise the requirements for the Nutrition Facts panel in order to make food label dietary information

- A) easier for manufacturers to print.
- B) digitally compatible so that it can be read by smartphones.
- C) consistent with the updated *Dietary Guidelines for Americans*.
- D) formatted like the revised MyPyramid graphic.

Answer: C

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Easy

Blooms/Skills: Understanding

- 59) The MOST reliable source of information on current treatments for obesity would likely be
- A) the NAASO.
  - B) the ACSM.
  - C) weight-loss sites on the Internet.
  - D) nutritionists who specialize in overweight and obesity.

Answer: A

Chapter: 1

Section: 1.5

Learning Outcome: 8

Difficulty: Medium

Blooms/Skills: Evaluating

## 1.2 True/False Questions

- 1) The earliest discoveries in the field of nutrition focused on nutritional deficiencies.

Answer: TRUE

Chapter: 1

Section: 1.1

Learning Outcome: 1

Difficulty: Easy

Blooms/Skills: Understanding

- 2) Over the past twenty years, obesity rates in the United States have not changed significantly.

Answer: FALSE

Chapter: 1

Section: 1.1

Learning Outcome: 1

Difficulty: Easy

Blooms/Skills: Understanding

- 3) The Nu-Val nutritional guidance system establishes standard serving sizes for all foods.

Answer: FALSE

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Easy

Blooms/Skills: Remembering

- 4) Carbohydrates, fats, and proteins are the only nutrients in foods that provide energy.

Answer: TRUE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Medium

Blooms/Skills: Analyzing

5) Because water doesn't provide any Calories to the body, scientists do not consider it a nutrient.

Answer: FALSE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Understanding

6) Alcohol is a nutrient that provides energy to the body.

Answer: FALSE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Remembering

7) Cholesterol is a micronutrient not synthesized in the body.

Answer: FALSE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Medium

Blooms/Skills: Analyzing

8) Fat is an important energy source for muscles during low-intensity activity.

Answer: TRUE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Understanding

9) Protein's primary role is to provide energy for the body.

Answer: FALSE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Understanding

10) Minerals are classified by their pH; major minerals have a pH > 7.0, and trace minerals are ones with a pH < 7.0.

Answer: FALSE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Analyzing

11) Minerals contain 4 kcal/gram.

Answer: FALSE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Understanding

12) Because they are needed in relatively large quantities, vitamins and minerals are considered meganutrients.

Answer: FALSE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Understanding

13) The Dietary Reference Intakes (DRIs) include an upper level of safety for all known nutrients.

Answer: FALSE

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Medium

Blooms/Skills: Understanding

14) The Estimated Energy Requirement (EER) is a nutrient standard used to approximate the energy needs of growing infants and children based on age, weight, height, and gender.

Answer: FALSE

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Medium

Blooms/Skills: Remembering

15) The Recommended Dietary Allowance (RDA) meets the nutrient needs of 97 to 98% of healthy people in a particular life stage and gender group.

Answer: TRUE

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Easy

Blooms/Skills: Remembering

16) The *Dietary Guidelines for Americans* recommends sodium supplements to reduce the risk of iodine deficiency.

Answer: FALSE

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Easy

Blooms/Skills: Understanding

17) The last item on an ingredient list is the predominant ingredient in that food product.

Answer: FALSE

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Easy

Blooms/Skills: Understanding

18) Nutrient information required for food labels is based on an energy intake level of 2,000 Calories a day.

Answer: TRUE

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Easy

Blooms/Skills: Remembering

19) Food labeling regulations allow manufacturers to omit the footnote of the Nutrition Facts panel on smaller products.

Answer: TRUE

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Easy

Blooms/Skills: Remembering

20) Because MyPlate recommends specific food choices, it cannot be used to design healthful ethnic or vegetarian diets.

Answer: FALSE

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

21) The recommended portions in the USDA Food Patterns follow the common sizes of foods Americans buy, prepare, and serve.

Answer: FALSE

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

22) We express the energy derived from food in units called kilocalories.

Answer: TRUE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Remembering

23) Wellness is defined as the process of attaining healthy nutrition.

Answer: FALSE

Chapter: 1

Section: 1.1

Learning Outcome: 1

Difficulty: Easy

Blooms/Skills: Remembering

24) Nutrients are the chemicals found in foods that are critical to human growth and function.

Answer: TRUE

Chapter: 1

Section: 1.2

Learning Outcome: 2

Difficulty: Easy

Blooms/Skills: Remembering



25) Required on all food products, a statement of identity is a common name of the item that clearly describes its contents.

Answer: TRUE

Chapter: 1

Section: 1.4

Learning Outcome: 7

Difficulty: Easy

Blooms/Skills: Remembering

26) A hypothesis is also known as a research question.

Answer: TRUE

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Easy

Blooms/Skills: Understanding

27) Double-blind studies are generally not reliable because there is a conflict of interest between the researchers and participants.

Answer: FALSE

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Medium

Blooms/Skills: Understanding

28) Mediterranean countries have substantially lower rates of cardiovascular disease than the United States.

Answer: TRUE

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Easy

Blooms/Skills: Understanding

29) The recommendations for physical activity for healthy adults outlined in the *Dietary Guidelines for Americans* call for a strict set of required daily exercises.

Answer: FALSE

Chapter: 1

Section: 1.3

Learning Outcome: 5

Difficulty: Easy

Blooms/Skills: Understanding

### 1.3 Essay Questions

1) Describe the major steps of the scientific method.

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Medium

Blooms/Skills: Remembering

2) Describe and explain the four characteristics of a healthful diet.

Chapter: 1

Section: 1.3

Learning Outcome: 3

Difficulty: Medium

Blooms/Skills: Remembering

3) Describe the physical layout of the MyPlate food guidance system and explain the six major principles it illustrates.

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Medium

Blooms/Skills: Understanding

4) Identify and describe the primary characteristics of the Mediterranean diet incorporated in the MyPlate good guidance system.

Chapter: 1

Section: 1.4

Learning Outcome: 6

Difficulty: Medium

Blooms/Skills: Understanding

5) Identify the three main purposes of the Dietary Reference Intakes (DRIs).

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Medium

Blooms/Skills: Understanding

6) You are trying to determine how much carbohydrate you can healthfully consume every day. Evaluate how the Recommended Dietary Allowance (RDA) and the Acceptable Macronutrient Distribution Range (AMDR) could help you determine this value.

Chapter: 1

Section: 1.4

Learning Outcome: 4

Difficulty: Difficult

Blooms/Skills: Evaluating

7) Identify and describe the four food safety principles recommended by the *Dietary Guidelines for Americans* to reduce the risk of food-borne illnesses.

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Medium

Blooms/Skills: Understanding

#### 1.4 Questions from Chapter's Feature Boxes

1) The cover story for a lifestyle magazine touts a diet that promises instant weight loss. Identify and describe four strategies for evaluating the nutritional and health value of this diet.

Chapter: 1

Section: 1.6

Learning Outcome: 9

Difficulty: Medium

Blooms/Skills: Evaluating

2) One practical suggestion for incorporating the *Dietary Guidelines for Americans* is

A) replacing potato chips with white or fried rice at meals.

B) drinking apple juice or orange juice at each meal.

C) replacing butter with margarine.

D) switching from white bread to whole-grain bread.

Answer: D

Chapter: 1

Section: 1.4

Learning Outcome: 5

Difficulty: Easy

Blooms/Skills: Applying