Student name:\_\_\_\_\_\_\_\_\_\_

**1)** Which of the following statements is true?

A) Nutrients are life-sustaining phytochemicals in food.   
 B) In the United States, poor eating habits contribute to some of the ten leading causes of death.   
 C) A person's diet is influenced by his or her blood type and birth order.  
 D) Most people are born with the ability to choose a nutritious diet.

**2)** Studying nutrition is important to \_\_\_\_\_\_\_.

A) obtain enough energy to sustain life   
 B) learn about the nutritional value of foods and effects diet can have on health  
 C) reduce dependence on animal food products  
 D) avoid pesticides and hormones in the food supply

**3)** In the United States, consumers eat more \_\_\_\_\_\_\_\_ than recommended.

A) protein foods   
 B) vegetables  
 C) dairy products  
 D) fruits

**4)** Most Americans purchase less than recommended amounts of \_\_\_\_\_\_\_.

A) fruits   
 B) sugary beverages  
 C) red meats  
 D) refined grain products

**5)** Which of the following is NOT true about water?

A) Water is an essential nutrient.   
 B) Water plays a role in regulation of body temperature.  
 C) Water is necessary for elimination of waste from the body.  
 D) Water is necessary for immune function.

**6)** Which of the following substances is a nutrient that does NOT supply any energy for the human body?

A) Carbohydrate   
 B) Fat  
 C) Protein  
 D) Vitamin D

**7)** Which of the following statements is true?

A) Nutrient-deficiency diseases develop when diets lack essential nutrients.   
 B) Skin rashes are always a symptom of vitamin deficiency diseases.   
 C) Headaches are a common sign of a mineral deficiency disease.  
 D) Most phytochemicals are classified as essential nutrients.

**8)** An essential nutrient \_\_\_\_\_\_\_.

A) is found only in fortified foods   
 B) is found only in foods from animal sources  
 C) must be supplied by the diet  
 D) provides energy (kcals) to the diet

**9)** Which of the following describe a conditionally essential nutrient?

A) A nutrient that is normally nonessential, but becomes essential under certain conditions.   
 B) A nutrient that may be made in the body, but in amounts that are inadequate.  
 C) A nutrient that becomes essential due to a metabolic disorder or serious disease (e.g. kidney or liver disease).  
 D) All of the choices are correct.

**10)** Which of the following is a micronutrient?

A) Iron   
 B) Glucose  
 C) Fat  
 D) Protein

**11)** Which of the following substances is a macronutrient?

A) Protein   
 B) Vitamin C  
 C) Calcium  
 D) Sodium

**12)** Which of the following foods is naturally a rich source of phytochemicals?

A) Margarine   
 B) Tuna  
 C) Blueberries  
 D) Chicken

**13)** Which of the following foods is NOT a rich natural source of phytochemicals?

A) Cherries   
 B) Green tea  
 C) Whole-grain bread  
 D) Lean meat

**14)** A teaspoon of sugar supplies about 16 kcals, which is the same as \_\_\_\_\_\_\_\_ calories.

A) 1.6   
 B) 1600  
 C) 16,000  
 D) 160,000

**15)** A small apple supplies approximately 40,000 \_\_\_\_\_\_\_\_.

A) calories   
 B) kilocalories  
 C) Calories  
 D) Kilocalories

**16)** A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and 100 mL water. Based on this information, a serving of this food supplies \_\_\_\_\_\_\_.

A) 87 kcals   
 B) 97 kcals  
 C) 107 kcals  
 D) 117 kcals

**17)** Approximately how many grams of carbohydrate are in a sugar-sweetened beverage that supplies 240 kcals and contains no fiber, fat, protein, or alcohol?

A) 50 grams of carbohydrate   
 B) 30 grams of carbohydrate  
 C) 40grams of carbohydrate  
 D) 60grams of carbohydrate

**18)** Which of the following conditions is NOT a leading cause of death in the United States?

A) Tuberculosis   
 B) Cancer  
 C) Heart disease  
 D) Stroke

**19)** Which of the following conditions or diseases is a leading diet-related cause of death in the United States?

A) Chronic lower respiratory infections   
 B) Stroke   
 C) Suicide  
 D) Influenza and pneumonia

**20)** Consuming a diet that supplies large amounts of certain types of fat increase one's risk of developing heart disease. Thus, a diet that supplies anexcessive amount of such fats is a \_\_\_\_\_\_\_\_ for heart disease.

A) hypotheticalvariable   
 B) dietarymodulator  
 C) nutritionaldeterminant  
 D) risk factor

**21)** Which of the following lifestyle choices is the primary cause of preventable cancer deaths in the United States?

A) Eating fatty foods   
 B) Consuming alcohol  
 C) Exercising infrequently  
 D) Smoking cigarettes

**22)** The U.S. Department of Health and Human Services (DHHS) issues the*Healthy* *People*report every \_\_\_\_\_\_ years.

A) 3   
 B) 7  
 C) 10  
 D) 15

**23)** Which of the following is NOT included in the*Healthy People*report?

A) Science-based national objectives   
 B) Goals for improving the health of all Americans  
 C) Topic areas, including nutrition and weight status  
 D) International goals and measurable objectives to guide evidence-based policies

**24)** Which of the following factors has a major influence over a person's food choices?

A) Childhood experiences   
 B) Blood type  
 C) Vitamin A status  
 D) Birth order

**25)** Which of the following is NOT a major factor impacting a person's food choices?

A) Media   
 B) Blood type  
 C) Health beliefs  
 D) Mood

**26)** Which of the following is NOT a biological or physiological factor that influences a person's food choices?

A) Age   
 B) Perception of food's sensory characteristics  
 C) Emotional stress level  
 D) Hunger

**27)** Choosing foods based on religious teachings is an example of \_\_\_\_\_\_\_\_ factors influencing eating habits.

A) biological   
 B) cognitive  
 C) environmental  
 D) physiological

**28)** Which of the following is NOT a common marketing tactic to encourage consumers to purchase manufactured foods?

A) Attractive packaging   
 B) Product placement at the end of supermarket aisles  
 C) In-store product sampling demonstrations  
 D) Nutrition information posted next to fresh fruits and vegetables

**29)** Which of the following is typically NOT an *environmental* factor in what people eat?

A) Negative food-related experiences   
 B) Food cost  
 C) Access to food  
 D) Food marketing

**30)** Which of the following statements is TRUE?

A) A megadose ofvitamin C is within the range of safe intake for the nutrient.   
 B) Peanut butter isan empty-calorie food.  
 C) Most foods aremixtures of nutrients.  
 D) A healthy diet supplies 90% of its calories from protein-rich foods.

**31)** Which of the following is NOT a key nutrition concept?

A) Malnutrition includes overnutrition as well as undernutrition.   
 B) Foods and the nutrients they contain are one of many components of health.  
 C) Variety, moderation, and balance can help ensure a diet's nutritional adequacy.  
 D) The best way for people to obtain all the essential nutrients is to consume dietary supplements.

**32)** Which of the following foods is the most nutrient-dense per serving?

A) Leafy greens   
 B) French fries  
 C) Grape drink  
 D) Refined grains

**33)** Which of the following foods is the most nutrient-dense per serving?

A) Cheese nachos   
 B) Iceberg lettuce  
 C) Fat-free milk  
 D) Softmargarine

**34)** Per serving, which of the following foods is the most energy-dense?

A) ½ cup freshstrawberries   
 B) 4-ouncechocolate doughnut  
 C) 8 ounces fat-free milk  
 D) 3 ounces baked chicken

**35)** Which of the following foods is both energy and nutrient-dense?

A) Strawberries   
 B) Spinach  
 C) Peanut butter  
 D) Raw apples

**36)** Which of the following statements is FALSE?

A) Dietary supplements include fish oil, green tea, probiotics, and flaxseed oil.   
 B) The Dietary Supplement Health and Education Act of 1994 allows manufacturers to classify dietary supplements as foods.  
 C) A megadose is an amount of a vitamin or mineral that greatly exceeds the recommended amount of the nutrient.  
 D) In order for a dietary supplement to be on the market, all research studies on the supplement must show a beneficial effect on health.

**37)** A person must be \_\_\_\_\_\_\_\_ to make lasting changes to their food-related behaviors.

A) motivated   
 B) forced  
 C) concerned  
 D) uneager

**38)** Composting would be an example of which step in a sustainable food system?

A) Distribution   
 B) Access  
 C) Consumption  
 D) Waste recovery

**39)** Which of the following is NOT a requirementto become a registered dietitian nutritionist (RDN)?

A) Obtain a degree from an accredited college   
 B) Obtain a culinary certificate of training  
 C) Complete extensive supervised practice hours  
 D) Pass a national exam

**40)** Which of the following is NOT a reason dietary recommendations undergo revisions?

A) Researchers continue to explore the complex relationships between diet and health.   
 B) Nutrition is an exact science.  
 C) Nutrition research involves human subjects.  
 D) New scientific evidence becomes available and the information is reviewed and accepted by nutrition experts.

**Answer Key**Test name: chapter 1

1) B

2) B

3) A

4) A

5) D

6) D

7) A

8) C

9) D

10) A

11) A

12) C

13) D

14) C

15) A

16) D

17) D

18) A

19) B

20) D

21) D

22) C

23) D

24) A

25) B

26) C

27) B

28) D

29) A

30) C

31) D

32) A

33) C

34) B

35) C

36) D

37) A

38) D

39) B

40) B