

***Nutrition Through the Life Cycle 7th edition Brown
Test Bank***

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Chapter 1 - Nutrition Basics

1. Cholesterol is an essential nutrient that must be obtained through one's diet.

- a. True
- b. False

ANSWER: False

2. Lipids are soluble in water but are insoluble in fats.

- a. True
- b. False

ANSWER: False

3. Generally, our bodies absorb a greater percentage of minerals than vitamins from dietary sources.

- a. True
- b. False

ANSWER: False

4. Malnutrition can result from both inadequate and excessive levels of nutrient intake.

- a. True
- b. False

ANSWER: True

5. Secondary malnutrition can be caused by both gastrointestinal tract bleeding and alcoholism.

- a. True
- b. False

ANSWER: True

6. Individuals are 99.9 percent genetically identical, but the 0.1 percent difference in genetic codes makes everyone unique.

- a. True
- b. False

ANSWER: True

7. Water is a nonessential nutrient.

- a. True
- b. False

ANSWER: False

8. A product labeled "*trans* fat-free" could contain 0.4 g of *trans* fat.

- a. True
- b. False

ANSWER: True

9. A dietary supplement can legally claim to treat, cure, or prevent a disease.

- a. True
- b. False

ANSWER: False

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10. Galactosemia is a disorder that interferes with the body's utilization of the sugar galactose found in lactose.

- a. True
- b. False

ANSWER: True

11. A DASH eating plan is effective for reducing high blood pressure as well as the risk of some types of cancer, osteoporosis, and heart disease.

- a. True
- b. False

ANSWER: True

12. What are the six categories of essential nutrients?

- a. carbohydrates, alcohol, fats, proteins, vitamins, and minerals
- b. carbohydrates, fiber, fats, proteins, vitamins, and minerals
- c. carbohydrates, proteins, fats, minerals, water, and vitamins
- d. carbohydrates, proteins, fiber, water, alcohol, and lipids

ANSWER: c

13. Which of the following substances is an essential nutrient?

- a. fiber
- b. cholesterol
- c. linoleic acid
- d. vitamin D
- e. creatine

ANSWER: c

14. A calorie is _____.

- a. a measure of the amount of energy transferred from food to the body
- b. a measure of the amount of energy inside the body's fat cells
- c. a component of fats that is soluble in water
- d. a chemical substance that activates enzymes
- e. a measure of the extent to which blood glucose levels are raised by consumption of food

ANSWER: a

15. Which of the following is the primary function of ascorbic acid?

- a. It is required for the conversion of homocysteine to methionine.
- b. It participates in the regulation of gene expression.
- c. It is required for the transport and metabolism of fat and cholesterol.
- d. It acts as an antioxidant and is required for collagen synthesis.
- e. It is required for normal red blood cell formation.

ANSWER: d

16. The Estimated Average Requirement (EAR) refers to _____.

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- a. an intake level estimated to meet the nutrient needs of 98% of healthy people
- b. an intake value estimated to meet the nutrient needs of half the healthy individuals in a group
- c. upper limits of a nutrient estimated to be compatible with health
- d. standard levels of daily nutrient intake
- e. an estimated level of nutrient intake for unhealthy people

ANSWER: b

17. Complex carbohydrates include _____.
- a. glucose, glycogen, and most types of fiber
 - b. glucose, sucrose, and fructose
 - c. starches, glycogen, and most types of fiber
 - d. starches, glucose, and sucrose
 - e. starches, glycogen, and glucose

ANSWER: c

18. Which two monosaccharides are found in sucrose (table sugar)?
- a. glucose and lactose
 - b. glucose and glucose
 - c. glucose and maltose
 - d. glucose and fructose
 - e. maltose and lactose

ANSWER: d

19. Blood sugar is also known as _____, while fruit sugar is also known as _____.
- a. glucose; fructose
 - b. glucose; lactose
 - c. lactose; fructose
 - d. maltose; lactose
 - e. fructose; maltose

ANSWER: a

20. Human digestive enzymes are unable to break down _____.
- a. sucrose
 - b. glycogen
 - c. alcohol sugars
 - d. maltose
 - e. fiber

ANSWER: e

21. Carbohydrates that have a high glycemic index _____.
- a. help to build and maintain protein-based components in the body
 - b. reduce elevated levels of blood cholesterol and triglycerides
 - c. increase levels of HDL cholesterol

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- d. decrease the risk of developing type 2 diabetes
- e. raise blood glucose levels higher than carbohydrates that have a low glycemic index

ANSWER: e

22. The only important animal source of carbohydrates is _____, which is found in _____.
- a. lactose; meat
 - b. glucose; meat
 - c. maltose; milk
 - d. lactose; milk
 - e. sucrose; milk

ANSWER: d

23. Triglycerides are composed of _____.
- a. two glycerol molecules attached to a fatty acid
 - b. two fatty acids attached to a glycerol molecule
 - c. three glycerol molecules attached to a fatty acid
 - d. three fatty acids attached to a glycerol molecule
 - e. three fatty acids attached to three glycerol molecules

ANSWER: d

24. Which substance provides the most energy per gram?
- a. protein
 - b. fiber
 - c. fat
 - d. water
 - e. glucose

ANSWER: c

25. Which of the following statements is true of carbohydrates?
- a. Glucose and galactose combine to form the disaccharide milk sugar.
 - b. Plants store complex carbohydrates in the form of proteins.
 - c. Amino acids required for protein synthesis are obtained through carbohydrates in food.
 - d. The most basic form of carbohydrates is polysaccharides.
 - e. Simple and complex carbohydrates provide nine calories per gram.

ANSWER: a

26. If one double bond is present in one or more of the fatty acids, the fat is considered _____.
- a. monosaturated
 - b. polysaturated
 - c. polyunsaturated
 - d. saturated
 - e. monounsaturated

ANSWER: e

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27. LDL cholesterol is _____.

- a. lowered by intake of *trans* fatty acids
- b. associated with heart-disease risk when present in high levels
- c. associated with heart-disease risk when present in low levels
- d. raised by intake of unsaturated fatty acids
- e. unaffected by intake of saturated fatty acids

ANSWER: b

28. Which of the following statements is true of proteins?

- a. Proteins provide two calories per gram.
- b. Proteins obtained from food sources such as milk, cheese, and meat are considered low-quality proteins.
- c. All plant sources of protein provide all the nine essential amino acids required by the body.
- d. Proteins help build and maintain muscles, bones, enzymes, and red blood cells.
- e. Proteins are made up of various types of triglycerides.

ANSWER: d

29. Essential amino acids _____.

- a. are produced by the human body
- b. must be obtained through a person's diet
- c. must be synthesized from nonessential amino acids
- d. are abundant in lipids
- e. are also referred to as dispensable amino acids

ANSWER: b

30. There are _____ essential amino acids.

- a. 8
- b. 9
- c. 21
- d. 3
- e. 6

ANSWER: b

31. Complementing amino acids can be found in which plant-based food combination?

- a. grains and potato
- b. grains and dried beans
- c. seeds and milk
- d. soybeans and milk
- e. eggs and onions

ANSWER: b

32. Fat-soluble vitamins _____.

- a. are stored only for a few weeks by the body
- b. include vitamins A, D, E, and C
- c. can be consumed in very high amounts without causing harmful effects

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- d. can be stored in the body for months
- e. are immediately metabolized by the body and never stored

ANSWER: d

33. Which vitamin acts as an antioxidant in the body?

- a. vitamin C
- b. thiamin
- c. riboflavin
- d. biotin
- e. vitamin D

ANSWER: a

34. Which term refers to chemical substances present in plants, some of which can affect body processes in humans that may benefit health?

- a. vitamins
- b. coenzymes
- c. phytochemicals
- d. amino acids
- e. minerals

ANSWER: c

35. After class, you go to Jamba Juice and get an "Orange-a-Peel" smoothie that contains the following nutrients: 9 g of protein, 102 g of carbohydrate, and 1 g of fat. How many total calories does this provide?

- a. 299
- b. 399
- c. 448
- d. 453
- e. 546

ANSWER: d

36. After class, you go to Jamba Juice and get an "Orange-a-Peel" smoothie that contains the following nutrients: 9 g of protein, 102 g of carbohydrate, and 1 g of fat. Given that the Daily Value of total fat intake is 65 g, what is the % Daily Value of fat in the smoothie?

- a. 0%
- b. 1.5%
- c. 10%
- d. 15%
- e. 19%

ANSWER: b

37. A 12-inch turkey sandwich contains 20 g of carbohydrate, 8 g of protein, and 5 g of fat. What is the approximate number of calories in one-half of the sandwich?

- a. 78.5
- b. 130

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- c. 150
- d. 65.5

ANSWER: a

38. The standard levels of nutrient intakes listed in the Nutrition Facts panel on packaged foods are known as _____.
a. Daily Values
b. Adequate Intakes
c. Recommended Dietary Allowances
d. Recommended Intakes
e. Tentative Values

ANSWER: a

39. One example of an empty-calorie food is _____.
a. dried fruit
b. red kidney bean in chili
c. lean meat
d. a cheese twist
e. nonfat yogurt

ANSWER: d

40. A 22-year-old who is exhibiting fatigue, depression, and slow recovery from infections may be suffering from a(n) _____.
a. overdose of vitamin D
b. deficiency of biotin
c. deficiency of vitamin C
d. overdose of vitamin D
e. deficiency of choline

ANSWER: c

41. Which nutrient is considered nonessential?
a. vitamin C
b. iron
c. cholesterol
d. potassium
e. vitamin E

ANSWER: c

42. Which term refers to the science of measuring the human body and its various parts?
a. anencephaly
b. anatomy
c. atherosclerosis
d. anthropometry
e. amylophagia

ANSWER: d

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43. The balance of fluids, nutrients, gases, temperature, and other conditions needed to ensure proper functioning of cells is known as _____.

- a. regulation
- b. homeostasis
- c. energy balance
- d. cellular respiration
- e. metabolism

ANSWER: b

44. Identify the disorder that is characterized by high levels of the amino acid phenylalanine present in the blood and can lead to intellectual disabilities and poor growth.

- a. hemochromatosis
- b. galactosemia
- c. diabetes
- d. hypertension
- e. phenylketonuria

ANSWER: e

45. Which of the following vitamins should be consumed in low quantities by a person who suffers from hemochromatosis?

- a. thiamin
- b. vitamin A
- c. vitamin D
- d. vitamin C
- e. biotin

ANSWER: d

46. A person who consumes excessive amounts of alcohol is at the risk of developing _____.

- a. cirrhosis of the liver
- b. iron-deficiency anemia
- c. gum disease
- d. osteoporosis
- e. oxidative stress

ANSWER: a

47. Which among the following are water-soluble vitamins?

- a. vitamins A, D, E, and K
- b. vitamins A and C
- c. vitamins B-complex and C
- d. vitamins B-complex and K
- e. vitamins A, B-complex, and E

ANSWER: c

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48. Which among the following are fat-soluble vitamins?

- a. vitamins A, D, E, and K
- b. vitamins A and C
- c. vitamins B-complex and C
- d. vitamins B-complex and K
- e. vitamins A, B-complex, and E

ANSWER: a

49. Which of the following statements is true of oxidative stress?

- a. It is a brain disease that represents the most common form of dementia and is characterized by memory loss.
- b. It is the first response of the body's immune system to infectious agents, toxins, or irritants.
- c. It is a condition that occurs when cells are exposed to more oxidizing molecules than to antioxidant molecules that neutralize them.
- d. It is a disorder that interferes with the body's utilization of the sugar galactose found in lactose.
- e. It is an event that occurs when a blood vessel in the brain ruptures or becomes blocked.

ANSWER: c

50. Which food item can be labeled as "enriched"?

- a. juice
- b. milk
- c. bread
- d. candy
- e. apples

ANSWER: c

51. By law, milk must be fortified with _____.

- a. vitamin D
- b. vitamin C
- c. calcium
- d. iodine
- e. folic acid

ANSWER: a

52. Fiberlike forms of indigestible carbohydrates that support the growth of beneficial bacteria in the lower intestine are called _____.

- a. minerals
- b. refined elements
- c. probiotics
- d. prebiotics
- e. antibiotics

ANSWER: d

53. Which of the following food sources contains probiotics?

- a. cottage cheese

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- b. barley
- c. rye
- d. leek
- e. garlic

ANSWER: a

54.

Nutrition Facts	
Serving Size $\frac{1}{4}$ cup (40g)	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 310mg	9%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	
Sugars 29g	
Protein 1g	2%
Vitamin A 0%	• Iron 6%
Calcium 2%	•

What is the percent of calories obtained from fat?

- a. 3%
- b. 16%
- c. 26%
- d. 35%
- e. 45%

ANSWER: c

55.

Nutrition Facts	
Serving Size $\frac{1}{4}$ cup (40g)	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 310mg	9%

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Total Carbohydrate 31g	10%
Dietary Fiber 2g	
Sugars 29g	
Protein 1g	2%
Vitamin A 0%	• Iron 6%
Calcium 2%	•

Which mandatory nutrient is missing from the food label?

- a. unsaturated fats
- b. simple sugars
- c. vitamin C
- d. vitamin K
- e. biotin

ANSWER: c

56. Refined grain flours must be fortified with _____.

- a. vitamin C
- b. iodine
- c. dietary fiber
- d. vitamin A
- e. folic acid

ANSWER: e

57. Foods permitted for consumption according to Islamic dietary laws _____.

- a. are called kosher foods
- b. are called halal foods
- c. include alcoholic beverages
- d. do not include meats
- e. include pork

ANSWER: b

58. Which of the following statements is true?

- a. Prebiotics are strains of lactobacilli and bifidobacteria that have beneficial effects on the body.
- b. Cottage cheese, kefir, buttermilk, and miso are sources of prebiotics.
- c. Intake of probiotics causes diarrhea and other infections in the gastrointestinal tract.
- d. The breakdown products of prebiotics foster the growth of beneficial bacteria.
- e. Probiotics are fiberlike forms of indigestible carbohydrates.

ANSWER: d

59. Which of the following is caused by phyloquinone (vitamin K) deficiency?

- a. abnormal bone growth
- b. fishy body odor
- c. excessive bleeding
- d. impaired vision

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e. infertility

ANSWER: c

60. Which term refers to the interactive method for collecting dietary information that utilizes repeated use of questions to improve the accuracy of information provided by interviewees about the food they ate the previous day?

- a. diet narrative
- b. anthropometrics
- c. quantitative testing
- d. multiple pass
- e. 24-hour recall

ANSWER: d

61. The Healthy Eating Index _____.

- a. assigns scores based on the extent to which diets meet recommended standards of intake
- b. assesses a person's dietary intake based on 12 dietary components
- c. is primarily used for monitoring an individual's dietary quality
- d. bases its guidelines on Food and Drug Administration dietary restrictions
- e. cannot be used for research purposes to assess population dietary quality

ANSWER: a

62. An example of an anthropometric measurement is the _____.

- a. number of servings of fruit an individual eats in a day
- b. amount of fat in a serving of ice cream
- c. height of an individual
- d. percentage of a population that meets dietary intake requirements
- e. percent Daily Value of vitamin C in orange juice

ANSWER: c

63. A young child who tires easily and has a short attention span may have blood taken for analyses of hemoglobin and serum ferritin to assess _____ levels.

- a. calcium
- b. iron
- c. vitamin B
- d. sodium
- e. fiber

ANSWER: b

64. Continuous assessment of nutritional status for the purpose of detecting changes in malnutrition and of food availability in order to initiate corrective measures is called _____.

- a. the automated multiple-pass method
- b. biochemical assessment
- c. anthropometry
- d. nutrition monitoring
- e. nutrition surveillance

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ANSWER: e

65. Which statement about national food and nutrition programs is true?

- a. The School Lunch Program is the United States' largest food assistance program.
- b. Women with incomes above the poverty line are automatically ineligible for WIC.
- c. None of the USDA food assistance programs have been shown to be cost effective.
- d. WIC vouchers can be exchanged for peanut butter, fruits, and vegetables.
- e. WIC provides food vouchers for low-income men and women.

ANSWER: d

66. A person whose diet includes regular intake of high-fat animal products and low intake of olive oil, vegetables, fruits, fish, wine, and whole grains is at higher risk to develop _____.

- a. gum disease
- b. osteoporosis
- c. anemia
- d. cirrhosis of the liver
- e. Alzheimer's disease

ANSWER: e

67. The Dietary Guidelines for Americans must be updated every _____.

- a. 6 months
- b. year
- c. 5 years
- d. 10 years
- e. 15 years

ANSWER: c

68. Healthy dietary patterns include the regular consumption of _____.

- a. refined grain products
- b. all types of nuts
- c. processed meat
- d. tropical oils
- e. foods high in saturated fats

ANSWER: b

Matching

- a. A unit of measure of the amount of energy supplied by food
- b. A chemical substance that prevents or repairs damage to cells caused by oxidation
- c. The chemical changes that take place in the body
- d. The building blocks of proteins
- e. Chemical substances that activate enzymes
- f. The chemical substances present in plants that affect body processes and may benefit health
- g. Blood pressure exerted inside blood vessels that typically exceeds 140/90 mmHg
- h. A fatlike substance found in all animal cell membranes

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- i. The process of making oils solid by adding hydrogen to the double bonds of their unsaturated fatty acids
- j. A condition caused by the rupture or blockage of a blood vessel in the brain

69. Hypertension

ANSWER: g

70. Phytochemicals

ANSWER: f

71. Calorie

ANSWER: a

72. Metabolism

ANSWER: c

73. Coenzyme

ANSWER: e

74. Hydrogenation

ANSWER: i

75. Stroke

ANSWER: j

76. Cholesterol

ANSWER: h

77. Antioxidant

ANSWER: b

78. Amino acids

ANSWER: d

79. Explain the connection between energy-dense and empty-calorie foods.

ANSWER: Many energy-dense foods are nutrient poor, or contain low levels of nutrients given their caloric value. These foods are sometimes referred to as empty-calorie foods and include products such as soft drinks, sherbet, hard candy, alcohol, and cheese twists. Excess intake of energy-dense and empty-calorie foods increases the likelihood that calorie needs will be met or exceeded before nutrients needs are met.

80. Describe the "ripple effect" relating to nutrient intake.

ANSWER: Dietary changes affect the level of intake of many nutrients. Switching from a high-fat to a low-fat diet, for instance, may result in a lower intake of calories and higher intake of dietary fiber and vitamins. Consequently, dietary changes introduced for the purpose of improving intake of a particular nutrient produce a "ripple effect" on the intake of other nutrients.