Nutrition and the Human Body

1. In which organ does the majority of water absorption occur?

A. Small intestine

B. Stomach

C. Mouth

D. Large intestine

2. Hunger is best described as

A. a physiological desire to find food and eat.

B. eating that's often driven by environmental cues.

C. a psychological desire to find food and eat.

D. eating that's often driven by emotional cues.

3. Which of the following is not a component of the gastric juices?

A. Gastric lipase

B. Insulin

C. Pepsin

D. Hydrochloric acid

4. Most digestion and absorption occurs in the

A. mouth.

B. small intestine.

C. esophagus.

D. stomach.

5. The four characteristics of a healthy diet are adequacy, balance, moderation, and

A. calories.

B. value.

C. color.

D. variety.

6. Vitamins are classified into two groups, one called fat soluble. What is the other group called?

A. Nonsoluble

B. Microsoluble

C. Water soluble

D. Macrosoluble

7. Which of the following are examples of carbohydrate-rich foods?

A. Beef and pork

B. Grains and lentils

C. Butter and corn oil

D. Bacon and eggs

8. Which of the following is a micronutrient group that's not broken down by the human body or destroyed

by heat?

A. Proteins

B. Vitamins

C. Minerals

D. Fats

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

A. specific guide of Calorie intake for sedentary people.

B. guide for restaurants to standardize portions.

C. temporary alternative to MyPyramid.

D. interactive, visual guide to healthy eating.

10. Proteins that induce chemical changes to speed body processes are

A. hormones.

B. enzymes.

C. chymes.

D. peptides.

11. 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 the crackers.

A. 48%

B. 39%

C. 85%

D. 55%

12. Which of the following serve(s) as an important source of energy for muscles during times of rest and

low-intensity activity?

A. Vitamins

B. Protein

C. Minerals

D. Fat

13. According to MyPlate, an ounce-equivalent from the grain group can consist of

A. 1/2 oz almonds.

B. 2 cups raw spinach.

C. 1 cup mashed potatoes.

D. 1 slice whole-wheat bread.

14. Which of the following nutrients are the most energy dense?

A. Minerals

B. Fats

C. Carbohydrates

D. Vitamins

15. Foods high in sugar are generally

A. made with unhealthful fats.

B. high in protein.

C. not associated with overweight or obesity.

D. low in sodium.

16. A practical way to estimate a healthy three-ounce serving of cooked meat, poultry, or fish is to make it

approximately the size of

A. three decks of cards.

B. a large bagel.

C. a typical restaurant serving.

D. a woman's palm.

17. Which of the following is a macronutrient?

A. Mineral

B. Alcohol

C. Carbohydrate

D. Vitamin

18. The most accurate term for the psychological desire that causes us to seek out a particular food is

A. hunger.

B. anorexia.

C. appetite.

D. satiety.

19. 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.

End of exam

20. Which of the following is a group of organs that together form an integrated function?

A. Tissue

B. Organelle

C. System

D. Molecule

*- Carbohydrates, Fats, and Proteins*

1. In the body, the major storage sites for glycogen are the

A. kidney and muscles.

B. liver and pancreas.

C. muscles and liver.

D. liver and kidney.

2. Which of the following foods is a source of complete proteins?

A. Chicken

B. Whole-grain bread

C. Broccoli

D. Apple

3. Most fat in the diet is in the form of

A. phospholipids.

B. triglycerides.

C. glycerols.

D. sterols.

4. Which of the following vegetarians eat mostly plant foods, eggs, and dairy but sometimes eat meat,

poultry, or fish?

A. Pescovegetarian

B. Carnivegetarian

C. Lacto-vegetarian

D. Flexitarian

5. Which of the following health problems is associated with high protein intakes?

A. Elevated blood cholesterol

B. Marasmus

C. Sickle cell anemia

D. Edema

6. The production of HDL is increased by

A. regular exercise.

B. simple sugars.

C. extra calories.

D. dietary cholesterol.

7. The only nonplant source of carbohydrates are foods derived from

A. wild game.

B. chicken.

C. fish.

D. milk.

8. What element makes protein different from carbohydrate and fat?

A. Hydrogen

B. Nitrogen

C. Carbon

D. Oxygen

9. Most carbohydrate digestion occurs in the

A. stomach.

B. mouth.

C. large intestine.

D. small intestine.

10. Carbohydrates with a single sugar molecule are called

A. calories.

B. monosaccharides.

C. fatty acids.

D. amino acids.

11. The absorption of protein occurs in the

A. liver.

B. small intestine.

C. large intestine.

D. stomach.

12. Without adequate carbohydrates to fuel its needs, the body makes glucose by

A. making new fat cells.

B. converting calcium stored in bones and teeth.

C. making new muscle cells.

D. breaking down muscle, heart, liver, and kidney tissues.

13. Which of the following foods is the richest source of omega-3 fatty acids?

A. Sirloin steak

B. Salmon

C. Tofu

D. Broccoli

14. A lack of fiber in the diet can lead to pockets that protrude from the wall of the large intestine in a

disease called

A. type 1 diabetes.

B. type 2 diabetes.

C. celiac disease.

D. diverticulosis.

15. Yesterday, Mary consumed 1,560 kcal. Her meals included a total of 50 grams of fat. What percentage

of calories came from fat?

A. 13%

B. 15%

C. 29%

D. 32%

16. The type of vegetarian who consumes dairy products but avoids all other types of animal protein is

called a

A. lacto-ovo-vegetarian.

B. lacto-vegetarian.

C. vegan.

D. pescovegetarian.

17. Which of the following is more likely to contain contaminants?

A. Swordfish

B. Flounder

C. Sole

D. Mahi-mahi

18. The CDC and other health organizations recommend limiting total fat intake to no more than \_\_\_\_\_\_\_

percent of calories

A. 45

B. 15

C. 35

D. 40

19. Of the 20 amino acids in the body, how many are considered essential?

A. 10

B. 15

C. 20

End of exam

D. 9

20. Which of the following is a complete vegetable protein?

A. Soybeans

B. Corn

C. Wheat

D. Peanuts

- Micronutrients, Minerals, and Water

1. Which of the following organs is involved in the synthesis of vitamin D?

A. Stomach

B. Skin

C. Heart

D. Brain

2. Which of the following is the best source of thiamin?

A. Green leafy vegetables

B. Citrus fruits

C. Enriched cereals and grains

D. Milk and cheese

3. The primary reason that we sweat is to

A. regulate body temperature.

B. maintain blood volume.

C. maintain sodium balance.

D. excrete waste products.

4. Iodine is essential for the synthesis of

A. thyroid hormone.

B. growth hormone.

C. androgen.

D. estrogen.

5. Which of the following preparation method would cause the greatest loss of vitamin C?

A. Steaming

B. Baking

C. Stir-frying

D. Microwaving

6. Vitamin D toxicity is associated with

A. sunburns.

B. suntan lotions.

C. seafood.

D. supplements.

7. Most of the body's fluid is found within

A. GI tract.

B. the bloodstream.

C. cells.

D. lymphatic system.

8. The number of alcoholic drinks that the liver can break down per hour is

A. zero.

B. two.

C. one.

D. five.

9. The \_\_\_\_\_\_\_ play(s) an important role in maintaining fluid balance.

A. pancreas

B. small intestine

C. kidneys

D. liver

10. Diets rich in which of the following help to maintain healthy blood pressure levels?

A. Potassium

B. Phosphorus

C. Sodium

D. Chloride

11. The fluid portion of the blood is

A. plasma.

B. platelets.

C. myoglobin.

D. hemoglobin.

12. Which of the following is not a symptom of high blood pressure?

A. Stroke

B. Confusion

C. Fainting

D. Lethargy

13. A deficiency in \_\_\_\_\_\_\_, a trace mineral, can result in severe growth retardation.

A. phosphorus

B. sodium

C. zinc

D. potassium

14. One important function of sodium is to

A. assist in bone formation.

B. detoxify the liver.

C. synthesize thyroid hormones.

D. maintain fluid balance.

15. What is the primary symptom of niacin toxicity?

A. Fatigue

B. Flushing

C. Nausea

D. Dizziness

16. Moderate alcohol intake has been linked with a reduced risk of

A. diabetes.

B. liver disease.

C. obesity.

D. cardiovascular disease.

17. Newborn infants receive vitamin K at birth because

A. newborns cannot absorb vitamin K from breast milk or formula.

B. breast milk is a poor source of vitamin K.

C. trauma from labor and delivery depletes a newborn's store of vitamin K.

D. newborns do not have enough intestinal bacteria to make vitamin K.

18. Which of the following would have the highest percentage of body water?

A. A 35-year-old overweight woman

B. A 35-year-old overweight man

C. A 35-year-old lean man

D. A 35-year-old lean woman

19. Aging results in an increased risk of osteoporosis due to

A. bone calcium increasing.

B. increased metabolism of vitamin D.

C. decrease in hormone production.

D. increase of protein intake.

20. Diseases that cause the malabsorption of fat can result in a deficiency of

A. vitamin B6.

End of exam

B. vitamin A.

C. vitamin B12.

D. vitamin C.

Weight Control and Nutritional Needs

1. Body mass index (BMI) is determined from the

A. ratio of fat tissue to lean tissue mass.

B. percentage of body weight compared to a reference standard.

C. ratio of body weight to height.

D. body density.

2. Which of the following expends the highest amount of calories?

A. Biking at less than 10 mph

B. Light to moderate weight lifting

C. Walking at 4 mph

D. Cleaning, including vacuuming and dusting

3. The main role of amino acids during exercise is to

A. supply the majority of the body's energy.

B. produce lactic acid.

C. break down muscle cells after exercise.

D. make glucose.

4. \_\_\_\_\_\_\_ is substance that enhances athletic performance, is found in meat and fish, and is legal in the

United States.

A. Anabolic steroids

B. GHB

C. Creatinine

D. Ephedrine

5. The type of metabolism that supports physical activity that lasts more than three minutes is

A. fatty acid.

B. nitrogen.

C. anaerobic.

D. aerobic.

6. Of the following, the sport least likely to be associated with the female athlete triad is

A. figure skating.

B. field hockey.

C. gymnastics.

D. diving.

7. Cardiovascular health is improved by \_\_\_\_\_\_\_ activity.

A. resistance training

B. aerobic

C. endurance

D. anaerobic

8. The basal metabolic rate (BMR) is mainly determined by

A. lean body mass.

B. fat mass.

C. gender.

D. age.

9. A fad diet is characterized by

A. popularity based on marketing gimmicks.

B. scientific data to back weight loss claims.

C. a varied and balanced menu.

D. gradual weight loss.

10. Which of the following is the best fluid replacement for events lasting less than one hour?

A. Sports drink

B. Ginger ale

C. Orange juice

D. Water

11. In which of the following events would carbohydrate loading be most beneficial?

A. Weight lifting

B. Cross-country skiing

C. 100-yard dash

D. Baseball

12. Following exercise, how many cups of fluid should a person drink for each pound of body weight lost?

A. One

B. Three

C. Two

D. Four

13. Which of the following terms most accurately describes the term anaerobic?

A. With glucose

B. Without oxygen

C. With oxygen

D. Without glucose

14. A condition in which body weight exceeds 100% of normal for a given height is called

A. severe obesity.

B. morbid obesity.

C. obesity.

D. overweight.

15. Fat stored mainly around the hips and thighs is termed \_\_\_\_\_\_\_ fat patterning.

A. apple-shaped

B. circular

C. triangular

D. pear-shaped

16. Which of the following statements most accurately describes the FIT principle?

A. A good physical fitness program should be based on frequency, intensity, and time of activity.

B. The level of fitness one should achieve varies according to one's age.

C. Fitness should be based on target heart rate.

D. Fitness should be based on flexibility and muscle strength.

17. Which of the following terms most accurately describes one's perception of one's own body

appearance?

A. Basal metabolic rate

B. Body composition

C. Body image

D. Body mass index

18. When oxygen is scarce, cellular pyruvic acid is converted to

A. ATP.

B. glucose.

C. fatty acids.

D. lactic acid.

19. Which of the following terms most accurately describes the term sports anemia?

A. Increased plasma volume

B. Fatigue

C. Loss of iron stores due to excess activity

D. Insufficient intake of dietary iron

20. Men are more likely to use \_\_\_\_\_\_\_ for weight control.

End of exam

A. diet pills

B. bingeing and purging

C. excessive exercise

D. severe caloric restriction

- Life Cycle, Food Safety, and Global Nutrition

When you have completed your exam and reviewed your answers, click Submit Exam. Answers will not be recorded until you

hit Submit Exam. If you need to exit before completing the exam, click Cancel Exam.

Questions 1 to 20: Select the best answer to each question. Note that a question and its answers may be split across a page

break, so be sure that you have seen the entire question and all the answers before choosing an answer.

1. Fetal demand is highest for iron during the

A. third trimester.

B. second trimester.

C. entire pregnancy.

D. first trimester.

2. To avoid the risk of a foodborne illness during pregnancy, \_\_\_\_\_\_\_ should not be eaten.

A. pasteurized milk and juice

B. all fish

C. ham and cold cuts

D. sushi, raw oysters, and clams

3. \_\_\_\_\_\_\_ is a food preservation method that replaces oxygen with an inert gas.

A. Pasteurization

B. Aseptic packaging

C. High-pressure processing

D. Modified atmosphere packaging

4. The percentage of overweight adolescents between the ages of 12 and 19 in the United States is

A. 25%.

B. 5%.

C. 17%.

D. 34%.

5. During pregnancy, inadequate intake of which of the following nutrients is most likely to result in neural

tube defects in the fetus.

A. Folate

B. Protein

C. Calcium

D. Iron

6. Nations that are rising above poverty are now having increased problems with

A. food allergies.

B. food poisoning.

C. obesity.

D. nutrient deficiencies.

7. At age three, the nutrient \_\_\_\_\_\_\_ is recommended to be increased.

A. protein

B. fats

C. carbohydrates

D. vitamin D

8. Which of the following are the top three producers of genetically altered foods?

A. United States, Russia, and Japan

B. United States, Sweden, and France

C. United States, Argentina, and Canada

D. United States, China , and Australia

9. The easiest and most effective way to prevent foodborne illness is to

A. separate foods to prevent cross contamination.

B. cook foods to their proper temperature.

C. chill foods to prevent microbes from growing.

D. wash hands before handling food.

10. The percentage of U.S. households with children that are food insecure is

A. 5%

B. 20%

C. 11%

D. 15%

11. Hepatitis A is a foodborne virus that damages the

A. liver.

B. nerves.

C. muscles.

D. intestines.

12. Insufficient insulin production during pregnancy can result in

A. pica.

B. type 2 diabetes.

C. gestational diabetes.

D. type 1 diabetes.

13. The following is most likely to contain nitrites, a preservative related to carcinogens.

A. Milk and yogurt

B. Beer and wine

C. Bacon and lunch meats

D. Canned vegetables

14. Which of the following most accurately describes food security?

A. A family's income level that allows them to afford gourmet foods

B. Safety of U.S. food from planting to table

C. Safety controls on imported food

D. Daily access to safe foods with adequate Calories and nutrients to support health

15. Which of the following would a pregnant vegan most likely have problems maintaining an adequate

intake of?

A. Sodium

B. Vitamin B12

C. Vitamin C

D. Folate

16. Foods most commonly associated with Salmonella are

A. dried foods.

B. raw eggs and chicken.

C. sauces and gravies.

D. stagnant water.

17. Foods can be kept moist through the use of

A. emulsifiers.

B. humectants.

C. stabilizers.

D. texturizers.

18. The vitamin that's often added to fat-based products to prevent rancidity is

A. vitamin E.

B. thiamin.

C. vitamin C.

D. vitamin A.

19. At age one, a child who weighed seven pounds at birth is expected to weigh \_\_\_\_\_\_\_ pounds.

A. 18

B. 30

C. 21

D. 14

End of exam

20. \_\_\_\_\_\_\_ is the bacteria responsible for most illnesses, hospitalizations, and death.

A. Clostridium perfringens

B. Campylobacter jejuni

C. Escherichia coli

D. Salmonella