

NUTRITION TEST

Multiple Choice

1. A source of simple carbohydrates is
 - a. seeds
 - b. brown rice
 - c. fruits
 - d. potatoes
2. The risk of obesity, heart disease, & cancer is increased by a diet high in
 - a. fat
 - b. saturated fat
 - c. cholesterol
 - d. all of the above
3. Vitamin ____ is an example of a fat soluble vitamin.
 - a. A
 - b. B
 - c. C
 - d. none of the above
4. Essential amino acids
 - a. are vitamins that dissolve in fat.
 - b. are the nine amino acids the body cannot produce
 - c. come from grains, legumes, nuts, and seeds
 - d. are units of energy produced by protein.
5. Unsaturated fat is in the form of _____ at room temperature
 - a. liquid
 - b. solid
 - c. gas
 - d. none of the above
6. High calcium cheese contains
 - a. 3 grams of calcium (or more) per serving
 - b. 20% or more of the Daily Value
 - c. more than .5 grams of calcium per serving
 - d. no more than 60 milligrams of calcium per serving
7. _____ provide few vitamins & minerals and are high in sugars and fats.
 - a. Fruits
 - b. Meats, poultry, fish, dry beans, eggs, & nuts
 - c. Milk, yogurt, & cheese
 - d. Fats, oils, & sweets
8. The only way to get all the nutrients you need is
 - a. to drink alcohol in moderation
 - b. to eat a combination of foods
 - c. to eat the same foods over and over again
 - d. to eat a vegetarian diet
9. The recommended amount of protein for males is _____ grams.
 - a. 50
 - b. 70
 - c. 63
 - d. 90

10. _____ to _____ mg. of sodium is an adequate amount of sodium in a person's diet.
- a. 1000-3000
 - b. 6000-12000
 - c. 50-75
 - d. 150-175
11. Anemia is defined as a lack of _____ in the diet.
- a. sodium
 - b. iron
 - c. calcium
 - d. protein
12. Saturated fats come from
- a. plants
 - b. processed foods
 - c. animals
 - d. none of the above
13. _____ is made up of 75% water.
- a. Fruits
 - b. Grains
 - c. Meats
 - d. Poultry
14. All of the following are sources of calories except
- a. protein
 - b. vitamins
 - c. fats
 - d. carbohydrates
15. The body's preferred source of energy is
- a. carbohydrates
 - b. vitamins
 - c. fats
 - d. protein
16. A diet high in _____ has been linked to high blood pressure.
- a. iron
 - b. sodium
 - c. protein
 - d. calcium
17. The most common form of fat circulating in the body is
- a. saturated
 - b. cholesterol
 - c. unsaturated
 - d. triglyceride

True/False

1. Vitamin B12 is a good source of energy.
2. A person can survive longer without water than he can without certain vitamins and minerals.
3. Complex carbohydrates provide one with short term energy.
4. Protein is the body's preferred energy source.

5. Essential amino acids are amino acids that the adult body can synthesize in adequate amounts.
6. Males need more protein than females.
7. Fat soluble vitamins can be taken in excess without any danger.
8. Unsaturated fat is solid at room temperature.
9. The simplest form of carbohydrates is sugar.
10. If an excess amount of protein is ingested, it is converted to waste and is removed from the body.
11. A vegetarian is unable to consume all of the essential amino acids.
12. Excess iron may increase the risk of heart disease.
13. "My Pyramid" is the same for everyone.

Matching

- | | | |
|------------------------|---------------------|-------------------|
| A. Calorie | B. Protein | C. Amino Acids |
| D. Incomplete Protein | E. Complete Protein | F. Fat |
| G. Saturated Fat | H. Unsaturated Fat | I. Water |
| J. Cholesterol | K. Enriched | L. Fortification |
| M. More | N. Triglyceride | O. Fresh |
| P. Natural | Q. Nutrients | R. RDA |
| S. Empty-calorie Foods | T. Expiration Date | U. Freshness Date |
| V. Sell Date | W. Less | |

1. A type of fat from plant products and is liquid at room temperature.
2. A protein from plant sources that does not contain all of the essential amino acids.
3. A fat-like substance made by the body and found in certain foods.
4. The building blocks of protein.
5. A unit of energy that is received from food.
6. Food label that requires the food to contain 25% less of a nutrient or of calories than a comparable food.
7. A nutrient that provides energy and helps the body store and use vitamins.
8. A nutrient that is involved with all body processes, makes up the basic part of the blood, and helps with waste removal.
9. Food label that requires the food to contain 10% or more of a nutrient or of calories than a comparable food.
10. A type of fat from dairy products & is solid at room temperature.
11. The process of adding certain nutrients not naturally present.
12. A nutrient that is needed for growth & repair.

13. A protein that contains all of the essential amino acids.
14. Foods that have little or no nutritional value.
15. Only foods that are raw, unprocessed, contain no preservatives, and have never been frozen or heated.
16. The food is minimally processed with no artificial or synthetic ingredients. Used for meat & poultry only.
17. Suggests the amounts of 19 essential nutrients that most people need daily to stay healthy.
18. Substances in food that the body needs to function properly.
19. Last date product should be sold.
20. Last date you should use or consume the product.
21. Last date a food is thought to be fresh.
22. Nutrients lost in processing are added back.
23. Most common form of fat circulating in the body.

Short Answer

1. Of the diets studied, which diet is based on a point system?
2. What are the experts saying about the Atkins Diet?
3. How is the South Beach Diet similar to the Atkins Diet?
4. What is the emphasis of the Subway diet?
5. What are some negatives of the Jenny Craig Diet?
6. What is the most effective way to lose weight?
7. List 3 differences in the old food guide pyramid as compared to the MyPyramid.