

Nutrition & Drugs
BSC 1025
Practice Exam 1

Name: _____

Date: _____

A. Multiple Choice: Please select the best answer for each question. (2 pts each)

1. Applying the principle of variety in food planning ensures the benefits of
 - a. moderation.
 - b. vegetarianism.
 - c. nutrient density.
 - d. dilution of harmful substances.

2. What is the chief reason people choose the foods they eat?
 - a. Cost
 - b. Taste
 - c. Convenience
 - d. Nutritional value

3. All of the following are results of making poor food choices **except**
 - a. over the long term, they will reduce lifespan in some people.
 - b. they can promote heart disease and cancer over the long term.
 - c. over the long term, they will not affect lifespan in some people.
 - d. when made over just a single day, they exert great harm to your health.

4. A person who eats a bowl of oatmeal for breakfast every day would be displaying a food choice most likely based on
 - a. habit.
 - b. availability.
 - c. body image.
 - d. environmental concerns.

5. The motive for a person who alters his diet due to religious convictions is most likely his
 - a. values.
 - b. body image.
 - c. ethnic heritage.
 - d. functional association.

6. Terms that describe a food that provides health benefits **beyond** its nutrient contribution include all of the following **except**
 - a. nutraceutical.
 - b. designer food.
 - c. functional food.
 - d. phytonutritional food.

7. By chemical analysis, what nutrient is present in the highest amounts in most foods?
 - a. Fats
 - b. Water
 - c. Proteins
 - d. Carbohydrates

8. Which of the following is **not** one of the six classes of nutrients?
 - a. Fiber
 - b. Protein
 - c. Minerals
 - d. Vitamins

9. Whole-grain flour contains all parts of the grain with the exception of the
 - a. bran.
 - b. husk.
 - c. germ.
 - d. endosperm.

10. A nutrient needed by the body and that must be supplied by foods is termed a(n)
 - a. nutraceutical.
 - b. metabolic unit.
 - c. organic nutrient.
 - d. essential nutrient.

11. Which of the following is an organic compound?
 - a. Salt
 - b. Water
 - c. Calcium
 - d. Vitamin C

12. Which of the following most accurately describes the term *organic*?
 - a. Products sold at health food stores
 - b. Products grown without use of pesticides
 - c. Foods having superior nutrient qualities
 - d. Substances with carbon-carbon or carbon-hydrogen bonds

13. Food exchange systems were originally developed for people with
 - a. diabetes.
 - b. terminal diseases.
 - c. cardiovascular disease.
 - d. life-threatening obesity.

14. Gram for gram, which of the following provides the most energy?
 - a. Fats
 - b. Alcohol
 - c. Proteins
 - d. Carbohydrates

15. What is the meaning of a double-blind experiment?
 - a. Both subject groups take turns getting each treatment
 - b. Neither subjects nor researchers know which subjects are in the control or experimental group
 - c. Neither group of subjects knows whether they are in the control or experimental group, but the researchers do know
 - d. Both subject groups know whether they are in the control or experimental group, but the researchers do not know

16. The smallest amount of a nutrient that is consumed over a prolonged period that maintains a specific function is called the nutrient
 - a. allowance.
 - b. requirement.
 - c. tolerable limit.
 - d. adequate intake.

17. If a group of people consumed an amount of protein equal to the **average requirement** for their population group, what percentage would receive insufficient amounts?

- a. 2
- b. 33
- c. 50
- d. 98

18. The RDA (Recommended Dietary Allowances) for nutrients are generally
- a. more than twice as high as anyone needs.
 - b. the minimum amounts that average people need.
 - c. designed to meet the needs of almost all healthy people.
 - d. designed to prevent deficiency diseases in half the population.
19. In which of the following are significant amounts of carbohydrates almost always found?
- a. Plant foods
 - b. Margarine
 - c. Animal products
 - d. Protein-rich foods
20. What type of nutrient is starch?
- a. Fiber
 - b. Gluten
 - c. Simple carbohydrate
 - d. Complex carbohydrate