Nutrition & Drugs

BSC 1025

Practice Exam 1

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. neutraceautical.
    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?
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