

***Human Nutrition Science for Healthy Living 3rd
edition Stephenson Test Bank***

SKU: 9781260702378-TEST-BANK

Human Nutrition Science for Healthy Living 3rd Edition by Stephenson CH01

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

1) Which of the following statements is true?

1) _____

- A) Nutrients are life-sustaining phytochemicals in food.
- B) In the United States, poor eating habits contribute to some of the ten leading causes of death.
- C) A person's diet is influenced by his or her blood type and birth order.
- D) Most people are born with the ability to choose a nutritious diet.

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Topic : Public health and nutrition

Topic : Demographic trends and statistics

Learning Outcome : 01.04.02 Describe lifestyle factors that contribute to many of the leading causes

Section : 01.04

Accessibility : Keyboard Navigation

2) Studying nutrition is important to _____.

2) _____

- A) obtain enough energy to sustain life
- B) learn about the nutritional value of foods and effects diet can have on health
- C) reduce dependence on animal food products
- D) avoid pesticides and hormones in the food supply

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Learning Outcome : 01.01.01 Explain why it is important to study nutrition.

Section : 01.01

Accessibility : Keyboard Navigation

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3) In the United States, consumers eat more _____ than recommended.

3) _____

- A) protein foods
- B) vegetables
- C) dairy products
- D) fruits

Question Details

Bloom's : 1. Remember

Topic : Food sources

Topic : Demographic trends and statistics

Learning Outcome : 01.01.02 Describe Americans current food-consumption practices and how they compar

Section : 01.01

Accessibility : Keyboard Navigation

4) Most Americans purchase less than recommended amounts of _____.

4) _____

- A) fruits
- B) sugary beverages
- C) red meats
- D) refined grain products

Question Details

Bloom's : 1. Remember

Topic : Food sources

Topic : Demographic trends and statistics

Learning Outcome : 01.01.02 Describe Americans current food-consumption practices and how they compar

Section : 01.01

Accessibility : Keyboard Navigation

5) Which of the following is NOT true about water?

5) _____

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- A) Water is an essential nutrient.
- B) Water plays a role in regulation of body temperature.
- C) Water is necessary for elimination of waste from the body.
- D) Water is necessary for immune function.

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Learning Outcome : 01.02.01 List the six classes of nutrients, and identify major roles of each class

Section : 01.02

Accessibility : Keyboard Navigation

6) Which of the following substances is a nutrient that does NOT supply any energy for the human body?

6) _____

- A) Carbohydrate
- B) Fat
- C) Protein
- D) Vitamin D

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Topic : Nutrient functions

Learning Outcome : 01.02.01 List the six classes of nutrients, and identify major roles of each class

Section : 01.02

Accessibility : Keyboard Navigation

7) Which of the following statements is true?

7) _____

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- A) Nutrient-deficiency diseases develop when diets lack essential nutrients.
- B) Skin rashes are always a symptom of vitamin deficiency diseases.
- C) Headaches are a common sign of a mineral deficiency disease.
- D) Most phytochemicals are classified as essential nutrients.

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Topic : Phytochemicals

Topic : Deficiency and toxicity diseases

Learning Outcome : 01.02.02 Identify the key features of an essential nutrient.

Section : 01.02

Accessibility : Keyboard Navigation

8) An essential nutrient _____.

8) _____

- A) is found only in fortified foods
- B) is found only in foods from animal sources
- C) must be supplied by the diet
- D) provides energy (kcal) to the diet

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Learning Outcome : 01.02.02 Identify the key features of an essential nutrient.

Section : 01.02

Accessibility : Keyboard Navigation

9) Which of the following describe a conditionally essential nutrient?

9) _____

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- A) A nutrient that is normally nonessential, but becomes essential under certain conditions.
- B) A nutrient that may be made in the body, but in amounts that are inadequate.
- C) A nutrient that becomes essential due to a metabolic disorder or serious disease (e.g. kidney or liver disease).
- D) All of the choices are correct.

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Learning Outcome : 01.02.02 Identify the key features of an essential nutrient.

Section : 01.02

Accessibility : Keyboard Navigation

10) Which of the following is a micronutrient?

10) _____

- A) Iron
- B) Glucose
- C) Fat
- D) Protein

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Learning Outcome : 01.02.03 Categorize nutrients based on whether they are essential and their design

Section : 01.02

Accessibility : Keyboard Navigation

11) Which of the following substances is a macronutrient?

11) _____

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- A) Protein
- B) Vitamin C
- C) Calcium
- D) Sodium

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Learning Outcome : 01.02.03 Categorize nutrients based on whether they are essential and their design

Section : 01.02

Accessibility : Keyboard Navigation

12) Which of the following foods is naturally a rich source of phytochemicals?

12) _____

- A) Margarine
- B) Tuna
- C) Blueberries
- D) Chicken

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Topic : Phytochemicals

Learning Outcome : 01.02.04 Identify rich food sources of phytochemicals.

Section : 01.02

Accessibility : Keyboard Navigation

13) Which of the following foods is NOT a rich natural source of phytochemicals?

13) _____

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- A) Cherries
- B) Green tea
- C) Whole-grain bread
- D) Lean meat

Question Details

Bloom's : 2. Understand

Topic : Phytochemicals

Learning Outcome : 01.02.04 Identify rich food sources of phytochemicals.

Section : 01.02

Accessibility : Keyboard Navigation

14) A teaspoon of sugar supplies about 16 kcals, which is the same as _____ calories.

14) _____

- A) 1.6
- B) 1600
- C) 16,000
- D) 160,000

Question Details

Topic : Nutrition basics

Bloom's : 3. Apply

Topic : Nutrition computations

Learning Outcome : 01.03.01 Distinguish between a calorie and a kilocalorie.

Section : 01.03

Accessibility : Keyboard Navigation

15) A small apple supplies approximately 40,000 _____.

15) _____

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- A) calories
- B) kilocalories
- C) Calories
- D) Kilocalories

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Learning Outcome : 01.03.01 Distinguish between a calorie and a kilocalorie.

Section : 01.03

Accessibility : Keyboard Navigation

16) A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and 100 mL water. Based on this information, a serving of this food supplies _____.

16) _____

- A) 87 kcals
- B) 97 kcals
- C) 107 kcals
- D) 117 kcals

Question Details

Topic : Nutrition basics

Bloom's : 3. Apply

Topic : Nutrition computations

Learning Outcome : 01.03.02 Estimate the amount of energy (kcal) in a serving of food based on the gr

Section : 01.03

Accessibility : Keyboard Navigation

17) Approximately how many grams of carbohydrate are in a sugar-sweetened beverage that supplies 240 kcals and contains no fiber, fat, protein, or alcohol?

17) _____

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- A) 50 grams of carbohydrate
- B) 30 grams of carbohydrate
- C) 40grams of carbohydrate
- D) 60grams of carbohydrate

Question Details

Topic : Nutrition basics

Bloom's : 3. Apply

Topic : Nutrition computations

Learning Outcome : 01.03.02 Estimate the amount of energy (kcal) in a serving of food based on the gr

Section : 01.03

Accessibility : Keyboard Navigation

18) Which of the following conditions is NOT a leading cause of death in the United States?
18) _____

- A) Tuberculosis
- B) Cancer
- C) Heart disease
- D) Stroke

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Topic : Public health and nutrition

Topic : Demographic trends and statistics

Learning Outcome : 01.04.01 Identify the 10 leading causes of death in the United States.

Section : 01.04

Accessibility : Keyboard Navigation

19) Which of the following conditions or diseases is a leading diet-related cause of death in the United States?

19) _____

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- A) Chronic lower respiratory infections
- B) Stroke
- C) Suicide
- D) Influenza and pneumonia

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Topic : Public health and nutrition

Topic : Demographic trends and statistics

Learning Outcome : 01.04.01 Identify the 10 leading causes of death in the United States.

Section : 01.04

Accessibility : Keyboard Navigation

20) Consuming a diet that supplies large amounts of certain types of fat increase one's risk of developing heart disease. Thus, a diet that supplies an excessive amount of such fats is a _____ for heart disease.

20) _____

- A) hypothetical variable
- B) dietary modulator
- C) nutritional determinant
- D) risk factor

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Topic : Public health and nutrition

Learning Outcome : 01.04.02 Describe lifestyle factors that contribute to many of the leading causes

Section : 01.04

Accessibility : Keyboard Navigation

21) Which of the following lifestyle choices is the primary cause of preventable cancer deaths in the United States?

21) _____

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- A) Eating fatty foods
- B) Consuming alcohol
- C) Exercising infrequently
- D) Smoking cigarettes

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Topic : Public health and nutrition

Learning Outcome : 01.04.02 Describe lifestyle factors that contribute to many of the leading causes

Section : 01.04

Accessibility : Keyboard Navigation

22) The U.S. Department of Health and Human Services (DHHS) issues the *Healthy People* report every _____ years.

22) _____

- A) 3
- B) 7
- C) 10
- D) 15

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Topic : Public health and nutrition

Learning Outcome : 01.04.03 Explain the purpose of the Healthy People initiative.

Section : 01.04

Accessibility : Keyboard Navigation

23) Which of the following is NOT included in the *Healthy People* report?

23) _____

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- A) Science-based national objectives
- B) Goals for improving the health of all Americans
- C) Topic areas, including nutrition and weight status
- D) International goals and measurable objectives to guide evidence-based policies

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Topic : Public health and nutrition

Learning Outcome : 01.04.03 Explain the purpose of the Healthy People initiative.

Section : 01.04

Accessibility : Keyboard Navigation

24) Which of the following factors has a major influence over a person's food choices?
24) _____

- A) Childhood experiences
- B) Blood type
- C) Vitamin A status
- D) Birth order

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Learning Outcome : 01.05.03 Discuss the role a registered dietitian nutritionist can play in an indiv

Section : 01.05

Accessibility : Keyboard Navigation

25) Which of the following is NOT a major factor impacting a person's food choices?
25) _____

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- A) Media
- B) Blood type
- C) Health beliefs
- D) Mood

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Learning Outcome : 01.05.03 Discuss the role a registered dietitian nutritionist can play in an indiv

Section : 01.05

Accessibility : Keyboard Navigation

26) Which of the following is NOT a biological or physiological factor that influences a person's food choices?

26) _____

- A) Age
- B) Perception of food's sensory characteristics
- C) Emotional stress level
- D) Hunger

Question Details

Bloom's : 1. Remember

Topic : Food sources

Learning Outcome : 01.05.01 Discuss the influence that biological, physiological, cognitive, psycholo

Section : 01.05

Accessibility : Keyboard Navigation

27) Choosing foods based on religious teachings is an example of _____ factors influencing eating habits.

27) _____

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- A) biological
- B) cognitive
- C) environmental
- D) physiological

Question Details

Bloom's : 1. Remember

Topic : Food sources

Learning Outcome : 01.05.01 Discuss the influence that biological, physiological, cognitive, psycholo

Section : 01.05

Accessibility : Keyboard Navigation

28) Which of the following is NOT a common marketing tactic to encourage consumers to purchase manufactured foods?

28) _____

- A) Attractive packaging
- B) Product placement at the end of supermarket aisles
- C) In-store product sampling demonstrations
- D) Nutrition information posted next to fresh fruits and vegetables

Question Details

Bloom's : 2. Understand

Topic : Food sources

Learning Outcome : 01.05.02 Discuss ways that food marketing efforts can influence an individual's fo

Section : 01.05

Accessibility : Keyboard Navigation

29) Which of the following is typically NOT an *environmental* factor in what people eat?

29) _____

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- A) Negative food-related experiences
- B) Food cost
- C) Access to food
- D) Food marketing

Question Details

Bloom's : 1. Remember

Topic : Food sources

Learning Outcome : 01.05.02 Discuss ways that food marketing efforts can influence an individual's fo

Section : 01.05

Accessibility : Keyboard Navigation

30) Which of the following statements is TRUE?

30) _____

- A) A megadose of vitamin C is within the range of safe intake for the nutrient.
- B) Peanut butter is an empty-calorie food.
- C) Most foods are mixtures of nutrients.
- D) A healthy diet supplies 90% of its calories from protein-rich foods.

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Topic : Food sources

Learning Outcome : 01.06.01 Discuss the importance of the six key nutrition concepts to the study of

Section : 01.06

Accessibility : Keyboard Navigation

31) Which of the following is NOT a key nutrition concept?

31) _____

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- A) Malnutrition includes overnutrition as well as undernutrition.
- B) Foods and the nutrients they contain are one of many components of health.
- C) Variety, moderation, and balance can help ensure a diet's nutritional adequacy.
- D) The best way for people to obtain all the essential nutrients is to consume dietary supplements.

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Learning Outcome : 01.06.01 Discuss the importance of the six key nutrition concepts to the study of

Section : 01.06

Accessibility : Keyboard Navigation

32) Which of the following foods is the most nutrient-dense per serving?

32) _____

- A) Leafy greens
- B) French fries
- C) Grape drink
- D) Refined grains

Question Details

Topic : Nutrition basics

Bloom's : 3. Apply

Learning Outcome : 01.06.02 Compare a food that has a lot of empty calories to a nutrient-dense food.

Section : 01.06

Accessibility : Keyboard Navigation

33) Which of the following foods is the most nutrient-dense per serving?

33) _____

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- A) Cheese nachos
- B) Iceberg lettuce
- C) Fat-free milk
- D) Softmargarine

Question Details

Topic : Nutrition basics

Bloom's : 3. Apply

Learning Outcome : 01.06.02 Compare a food that has a lot of empty calories to a nutrient-dense food.

Section : 01.06

Accessibility : Keyboard Navigation

34) Per serving, which of the following foods is the most energy-dense?

34) _____

- A) ½ cup fresh strawberries
- B) 4-ounce chocolate doughnut
- C) 8 ounces fat-free milk
- D) 3 ounces baked chicken

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Learning Outcome : 01.06.03 Explain energy density, and provide examples of energy-dense food choices

Section : 01.06

Accessibility : Keyboard Navigation

35) Which of the following foods is both energy and nutrient-dense?

35) _____

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- A) Strawberries
- B) Spinach
- C) Peanut butter
- D) Raw apples

Question Details

Topic : Nutrition basics

Bloom's : 2. Understand

Learning Outcome : 01.06.03 Explain energy density, and provide examples of energy-dense food choices

Section : 01.06

Accessibility : Keyboard Navigation

36) Which of the following statements is FALSE?

36) _____

- A) Dietary supplements include fish oil, green tea, probiotics, and flaxseed oil.
- B) The Dietary Supplement Health and Education Act of 1994 allows manufacturers to classify dietary supplements as foods.
- C) A megadose is an amount of a vitamin or mineral that greatly exceeds the recommended amount of the nutrient.
- D) In order for a dietary supplement to be on the market, all research studies on the supplement must show a beneficial effect on health.

Question Details

Bloom's : 1. Remember

Topic : Dietary supplements

Learning Outcome : 01.06.04 Describe a dietary supplement according to the Dietary Supplement Health

Section : 01.06

Accessibility : Keyboard Navigation

37) A person must be _____ to make lasting changes to their food-related behaviors.

37) _____

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- A) motivated
- B) forced
- C) concerned
- D) uneager

Question Details

Topic : Nutrition basics

Bloom's : 1. Remember

Learning Outcome : 01.01.01 Explain why it is important to study nutrition.

Section : 01.01

Activity Type : New

38) Composting would be an example of which step in a sustainable food system?

38) _____

- A) Distribution
- B) Access
- C) Consumption
- D) Waste recovery

Question Details

Bloom's : 3. Apply

Learning Outcome : 01.05.01 Discuss the influence that biological, physiological, cognitive, psycholo

Section : 01.05

Activity Type : New

Topic : Sustainability

39) Which of the following is NOT a requirement to become a registered dietitian nutritionist (RDN)?

39) _____

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- A) Obtain a degree from an accredited college
- B) Obtain a culinary certificate of training
- C) Complete extensive supervised practice hours
- D) Pass a national exam

Question Details

Bloom's : 1. Remember

Learning Outcome : 01.05.03 Discuss the role a registered dietitian nutritionist can play in an indiv

Section : 01.05

Activity Type : New

Topic : Dietetic Profession

40) Which of the following is NOT a reason dietary recommendations undergo revisions?

40) _____

- A) Researchers continue to explore the complex relationships between diet and health.
- B) Nutrition is an exact science.
- C) Nutrition research involves human subjects.
- D) New scientific evidence becomes available and the information is reviewed and accepted by nutrition experts.

Question Details

Bloom's : 2. Understand

Topic : Public health and nutrition

Learning Outcome : 01.06.01 Discuss the importance of the six key nutrition concepts to the study of

Section : 01.06

Activity Type : New

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Test name: CH01

- 1) B
- 2) B
- 3) A
- 4) A
- 5) D
- 6) D
- 7) A
- 8) C
- 9) D
- 10) A
- 11) A
- 12) C
- 13) D
- 14) C
- 15) A
- 16) D
- 17) D
- 18) A
- 19) B
- 20) D
- 21) D
- 22) C
- 23) D
- 24) A
- 25) B

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- 26) C
- 27) B
- 28) D
- 29) A
- 30) C
- 31) D
- 32) A
- 33) C
- 34) B
- 35) C
- 36) D
- 37) A
- 38) D
- 39) B
- 40) B