Nutrition for the Older Adult 3rd edition Bernstein Test Bank

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Import Settings:
Base Settings: Brownstone Default
Information Field: Complexity
Information Field: Ahead
Information Field: Subject
Information Field: Title
Information Field: Taxonomy
Highest Answer Letter: D
Multiple Keywords in Same Paragraph: No
NAS ISBN13: 9781284163001, add to Ahead, Title tags

Chapter: Chapter 01 - Quiz

Multiple Choice

1. Older adults are expected to live longer because of:
A) advances in technology and medical care.
B) consuming calorie restricted diets.
C) reduced levels of physical activity leading to less frequent falls.
D) All of these are correct.
Ans: A
Complexity: Easy
Ahead: Introduction
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

2. All of the following are considered age-related physical changes, *except*:
A) reduced vision and hearing.
B) development of arthritis.
C) development of heart disease.
D) the speed at which information is processed.
Ans: D
Complexity: Easy
Ahead: Introduction
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

3. Even if eating a healthy, well-planned diet, older adults still may need to supplement with which nutrients?
A) Calcium, protein, and zinc
B) Vitamin B_{12}, vitamin D, and calcium
C) Magnesium, vitamin K, and iron
D) Fat, vitamin C, and vitamin B_6
Ans: B

Complexity: Easy
Ahead: Dietary Guidance
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

4. The ability to access comprehensive and quality health care includes:
A) obtaining access to the healthcare system.
B) the ability to access a location that provides the desired and necessary health services.
C) finding a healthcare provider that is trustworthy and communicative.
D) All of these are correct.
Ans: D
Complexity: Easy
Ahead: Healthy People 2020
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

5. Older Hispanic Americans seem to be healthier than their counterparts in other ethnic groups given the group's lower prevalence of:
A) cardiovascular disease, lung disease, and stroke.
B) diabetes, cardiovascular disease, and stroke.
C) lung disease, diabetes, and stroke.
D) lung disease, cardiovascular disease, and diabetes.
Ans: A
Complexity: Easy
Ahead: Older Minority Groups
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

6. Which of the following has both the highest incomes of any racial/ethnic group *and* the lowest, especially among new immigrants?
A) African Americans
B) Asian Americans and Pacific Islanders
C) Caucasian Americans
D) Native Americans
Ans: B
Complexity: Easy
Ahead: Older Minority Groups
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

7. What percentage of noninstitutionalized older adults have a chronic health condition that could be improved with proper nutrition?
A) 10%
B) 35%

C) 60%
D) 85%
Ans: D
Complexity: Easy
Ahead: Health and Well-Being
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

True/False

1. True or False? The older adult population is expected to more than double between 2010 and 2060.
Ans: True
Complexity: Easy
Ahead: Introduction
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

2. True or False? A child born in 2015 can anticipate living 50 more years than a child born in 1900.
Ans: False
Complexity: Easy
Ahead: Introduction
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

3. True or False? Increased preventive care for older adults can positively impact healthcare costs.
Ans: True
Complexity: Easy
Ahead: Introduction
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

4. True or False? Age-related biologic functions peak at age 50 and then progressively decline.
Ans: False
Complexity: Easy
Ahead: Introduction
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

5. True or False? The biologic changes that constitute natural aging have little impact on our activities of daily living.
Ans: True
Complexity: Easy
Ahead: Introduction
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

6. True or False? Malnutrition leads to increased risk of illness and impaired immune function.
Ans: True
Complexity: Easy
Ahead: Demographics of Aging
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

7. True or False? *The Dietary Guidelines for Americans* and MyPlate are designed for Americans over the age of 2.
Ans: True
Complexity: Easy
Ahead: Dietary Guidance
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

8. True or False? Many older adults die from influenza and pneumonia because they do not get necessary immunizations.
Ans: True
Complexity: Easy
Ahead: Healthy People 2020
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

9. True or False? Oral health is included in Healthy People 2020's twelve leading health indicators because research links oral health to risk of diseases including diabetes, heart disease, and stroke.
Ans: True
Complexity: Easy
Ahead: Healthy People 2020
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

10. True or False? The most common chronic illness affecting older African Americans is cancer.
Ans: False

Complexity: Easy
Ahead: Older Minority Groups
Subject: Chapter 1
Title: Introduction to Nutrition and Aging
Taxonomy: Recall

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