Nutrition Across Life Stages 2nd edition Bernstein Test Bank

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Multiple Choice

1. Human growth and health rely on:
A) phytochemicals and carotenoids.
B) fiber and lignans.
C) calories that food and drink provide.
D) All of these are correct.

Ans: D
Complexity: Moderate
Ahead: The Science of Nutrition
Subject: Chapter 1

2. Nonessential nutrients:
A) can be made by the body.
B) are required for normal physiological function.
C) include histidine and lysine.
D) include methionine and tryptophan.

Ans: A
Complexity: Moderate
Ahead: The Science of Nutrition
Subject: Chapter 1

3. Which of the following methods is commonly used to assess dietary intake?
A) 24-hour diet recall
B) Observing an individual consume a meal
C) Ordering laboratory values of nutrients in the blood
D) Using specialized utensils for eating food

Ans: A
Complexity: Easy
Ahead: Nutrition Assessment
Subject: Chapter 1

4. A woman weighs 65 kg, is 157 cm tall, and is 35 years old. She exercises 1–3 days per week. Using the Harris–Benedict equation, what is this woman's estimated daily calorie needs?
A) 1,295 calories

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B) 1,554 calories
C) 2,007 calories
D) 1,781 calories

Ans: D
Complexity: Difficult
Ahead: Nutrition Assessment
Subject: Chapter 1

5. The benefits of physical activity include:
A) reducing the risk of various types of cancer.
B) improving cognitive function for youths 6 to 13 years old.
C) reducing the risk of fall-related injuries for older adults.
D) All of these are correct.

Ans: D
Complexity: Moderate
Ahead: Physical Activity Guidelines
Subject: Chapter 1

6. Which of the following best shows a lack of dietary variety?
A) Eating no other fruit in the diet except oranges
B) Consuming enough, but not too much, from all the different food groups
C) Consuming foods that are low in nutrient density, like French fries and burgers
D) Packing different vegetables with lunch every day

Ans: A
Complexity: Difficult
Ahead: The *Dietary Guidelines for Americans 2020–2025*
Subject: Chapter 1

7. Zinc is an example of a:
A) carbohydrate.
B) mineral.
C) fat-soluble vitamin.
D) water-soluble vitamin.

Ans: B
Complexity: Moderate
Ahead: Micronutrients

Subject: Chapter 1

8. The nutrient that provides 9 calories per gram is:
A) alcohol.
B) carbohydrate.
C) fat.
D) protein.

Ans: C
Complexity: Easy
Ahead: The Science of Nutrition
Subject: Chapter 1

True/False

1. True or False? Vitamins are micronutrients.

Ans: True
Complexity: Easy
Ahead: Micronutrients
Subject: Chapter 1

2. True or False? Body mass index (BMI) may overestimate body fat in athletes and others who have a muscular build and underestimate body fat in older persons and others who have lost muscle.

Ans: True
Complexity: Moderate
Ahead: Nutrition Assessment
Subject: Chapter 1

3. True or False? A key recommendation of the *Dietary Guidelines for Americans 2020–2025* is to consume less than 1,500 mg per day of sodium.

Ans: False
Complexity: Moderate

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Ahead: The *Dietary Guidelines for Americans 2020–2025*
Subject: Chapter 1

4. True or False? There are many Americans who eat adequate calories each day but are still considered undernourished.

Ans: True
Complexity: Easy
Ahead: The *Dietary Guidelines for Americans 2020–2025*
Subject: Chapter 1

5. True or False? The obesity epidemic began in the 1990s.

Ans: False
Complexity: Easy
Ahead: The Obesity Epidemic May Be Decreasing Life Expectancy
Subject: Chapter 1

6. True or False? Research indicates that bouts of moderate-to-vigorous physical activity in any duration of time can contribute to health benefits.

Ans: True
Complexity: Easy
Ahead: Physical Activity Guidelines
Subject: Chapter 1

7. True or False? Learning and maintaining healthy eating habits early in life can go a long way in preventing deaths resulting from causes brought about by obesity.

Ans: True
Complexity: Easy
Ahead: The Obesity Epidemic may be Decreasing Life Expectancy
Subject: Chapter 1

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