Nutrition for Dental Health 3rd edition Sroda Test Bank

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Chapter 01: Eating 101

1. Chemicals in food that nourish our body are called:
A. nutrition.
B. nutrients.
C. functional food.
D. enzymes.
Answer: B
Subject: Chapter 01: Eating 101

2. Incidence of obesity has doubled in the last:
A. 5 years.
B. 10 years.
C. 20 years.
D. 100 years.
Answer: C
Subject: Chapter 01: Eating 101

3. Which is NOT a 21st-century lifestyle trend?
A. People are living longer.
B. We have a tendency to eat on the run.
C. We are primarily sedentary.
D. We eat less frequently than 20 years ago.
Answer: D
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4. Everybody has specific food cravings. Foods high in protein are preferred as comfort foods.
A. Both statements are true.
B. Both statements are false.
C. The first statement is true, the second false.
D. The first statement is false, the second true.
Answer: B
Subject: Chapter 01: Eating 101

5. The single most craved food is:
A. potato chips.
B. caffeinated soda.
C. chocolate.
D. fast food.
Answer: C
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6. All organs secrete enzymes during the digestive process EXCEPT the:
A. colon.
B. pancreas.
C. stomach.

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D. small intestines.
Answer: A
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7. Most nutrients are absorbed by the body through which organ?
A. Esophagus
B. Stomach
C. Colon
D. Small intestines
Answer: D
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8. Undigested food becomes _____ and passes into the _____.
A. waste/large intestine
B. molecules/rectum
C. a bolus/stomach
D. chime/liver
Answer: A
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9. Total transit time from mouth to elimination can be anywhere from a day to _____.
A. 3 days
B. 1 week
C. 3 weeks
D. 1 month
Answer: C
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10. Most people assume “consumption norm” is _____.
A. the amount of food put before them
B. the proper amount of food to eat in one sitting
C. the kind of food consumers purchase
D. fad foods
Answer: B
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11. Protease aids with digestion of _____ and amylase aids with digestion of _____.
A. fats/sugar
B. protein/lipids
C. carbohydrates/amino acids
D. protein/carbohydrates
Answer: D
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12. Eating fast food and consuming twice as many soft drinks than 40 years ago are common 21st century eating patterns because of the efforts of food manufacturers mass marketing.
A. Both the statement and the reason are correct and related.
B. Both the statement and the reason are correct but NOT related.
C. The statement is correct, but the reason is NOT.
D. The statement is NOT correct, but the reason is correct.
E. Neither the statement NOR the reason are correct.
Answer: A
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13. Ninety-six percent of human body mass is composed of the elements hydrogen, oxygen, carbon, and what other element?
A. Sodium
B. Potassium
C. Nitrogen
D. Calcium
Answer: C
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14. The relationship between food and disease process happens when the body gets *too much* of a nutrient. Disease can also manifest when there is *too little* of a certain nutrient in the diet.
A. Both statements are true.
B. Both statements are false.
C. The first statement is true, the second false.
D. The first statement is false, the second true.
Answer: A
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15. Disease processes caused by poor nutrition and eating habits includes all EXCEPT:
A. diabetes.
B. colon cancer.
C. anorexia.
D. dental caries.
E. hyperthyroidism.
Answer: E
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