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| 1. Cholesterol is a nutrient that must be obtained through one's diet.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 2:49 PM | | *DATE MODIFIED:* | 3/7/2019 2:52 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RCTW |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJS-8RAD-NC5N-GPUD-OAUG-8RSU-KCBU-8YSS-G3TT-GOSU-NC3Z-GCSU-KP5D-CE5U-CQJZ-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 2. Lipids are soluble in water but are insoluble in fats.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 2:52 PM | | *DATE MODIFIED:* | 3/7/2019 2:53 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC33 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJA-CTTS-RCJS-CJOS-KC31-GYSS-NA3Z-CESU-1C5D-GOSU-OCDD-CESU-ECJW-GYAS-CAT1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 3. Generally, our bodies absorb a greater percentage of minerals than vitamins.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 2:55 PM | | *DATE MODIFIED:* | 3/7/2019 2:56 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC3A |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJO-CF1U-QPDD-G3UG-RP5G-8RSS-KP5D-CESS-EAMN-GOSU-Q3BZ-8YSU-GC3Z-GAAU-K3MN-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 4. Poor nutrition, or malnutrition, can result from both inadequate and excessive levels of nutrient intake.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 2:58 PM | | *DATE MODIFIED:* | 3/7/2019 3:00 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC4G |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJA-CE3D-Y3DF-GAHU-O3DD-GASS-KPMR-CESU-QCTT-GOSU-K3TI-GESU-KAUB-GC3D-YPMR-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 5. Gastrointestinal tract bleeding or alcoholism may cause secondary malnutrition.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 3:01 PM | | *DATE MODIFIED:* | 3/7/2019 3:02 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC4D |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-CO4U-YP5R-GW3U-KPT3-GASS-EP5D-CRSU-YCBI-GOSU-YA5D-8YSU-KATI-GBUG-K3T3-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 6. Individuals are 99.9 percent genetically identical, but the 0.1 percent difference in genetic codes makes everyone unique.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:03 PM | | *DATE MODIFIED:* | 3/7/2019 3:04 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC3U |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJA-GRHD-YAUD-GH4U-1CJO-COSU-NP31-8RSU-1PUR-GOSU-YCUB-GOSU-GA31-C3OU-CCDD-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 7. Water is a nonessential nutrient.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:05 PM | | *DATE MODIFIED:* | 3/7/2019 3:06 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC3T |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMG-CAAG-NPB3-GAAU-OPBO-CCSU-EPTA-CESS-RA5R-GOSS-KCB3-GWSU-NCJT-CR4U-CAMR-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 8. A product labeled "*trans* fat-free" could contain 0.4 g of *trans* fat and of saturated fat.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:06 PM | | *DATE MODIFIED:* | 3/7/2019 3:08 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC3O |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJO-GA5S-GPMR-CW3G-G3MD-CWSU-QPJA-CESU-ECJO-GOSU-K3TA-CESU-KQJO-COHG-RCMN-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 9. A dietary supplement can legally claim to treat, cure, or prevent a disease.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:08 PM | | *DATE MODIFIED:* | 3/7/2019 3:09 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC3Z |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJA-CWHG-KPDN-G7TS-CCJ1-GESU-NQBW-8RSU-CC5D-GOSU-G3JT-GOSS-GPDF-CR5G-E3J3-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 10. Galactosemia is a disorder that interferes with the body's utilization of the sugar galactose found in lactose.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:10 PM | | *DATE MODIFIED:* | 3/7/2019 3:11 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC3S |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-GWHD-13DB-CJOU-RAJS-CWSS-NA3W-8RSU-GPDN-GOSU-EATA-GCSS-RAJS-8Y5S-GPUB-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 11. A DASH eating plan is effective for reducing high blood pressure and the risk of some types of cancer, osteoporosis, and heart disease.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *QUESTION TYPE:* | True / False | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.6 - Apply the characteristics of healthy dietary patterns to the design of one. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 3:12 PM | | *DATE MODIFIED:* | 3/7/2019 3:14 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RC3I |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJZ-CITS-NCDG-GITG-KPMB-GASU-KAUR-8RSU-OAJA-GOSS-RAUD-GWSU-RC3U-GJUD-YCBT-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 12. What are the six categories of nutrients?   |  |  |  | | --- | --- | --- | |  | a. | carbohydrates, alcohol, fats, proteins, vitamins, and minerals | |  | b. | carbohydrates, fiber, fats, proteins, vitamins, and minerals | |  | c. | carbohydrates, proteins, cholesterol, fiber, water, and vitamins | |  | d. | carbohydrates, proteins, fiber, water, alcohol, and lipids |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:15 PM | | *DATE MODIFIED:* | 3/7/2019 3:17 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RCNN |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJW-8R5S-GA5B-GA3U-NCJ3-GCSU-RCUN-CESU-QA5F-GOSU-K3MR-GHSS-NQJW-GH4D-R3TW-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 13. Which of the following substances is an essential nutrient?   |  |  |  | | --- | --- | --- | |  | a. | fiber | |  | b. | cholesterol | |  | c. | linoleic acid | |  | d. | vitamin D | |  | e. | creatine |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:18 PM | | *DATE MODIFIED:* | 3/7/2019 3:19 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RCB3 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJI-8BUD-QPMN-8BTS-CA3O-GYSU-KCUN-8YSU-RCDB-GOSU-OPMF-8YSU-CATA-C3UD-ECUG-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 14. A calorie is \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | a measure of the amount of energy transferred from food to the body | |  | b. | a measure of the amount of energy inside the body's fat cells | |  | c. | a component of fats that is soluble in water | |  | d. | a chemical substance that activates enzymes | |  | e. | a measure of the extent to which blood glucose levels are raised by consumption of food |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:49 PM | | *DATE MODIFIED:* | 3/7/2019 3:51 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RP1N |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJ3-GR4D-G3DG-CA3S-ECBI-GRSS-CP3S-8RSU-Y3UG-GOSS-C3UN-CCSU-GQBI-GW3S-NATA-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 15. Which of the following is the primary function of ascorbic acid?   |  |  |  | | --- | --- | --- | |  | a. | It is required for the conversion of homocysteine to methionine. | |  | b. | It participates in the regulation of gene expression. | |  | c. | It is required for the transport and metabolism of fat and cholesterol. | |  | d. | It acts as an antioxidant and is required for collagen synthesis. | |  | e. | It is required for normal red blood cell formation. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 3:51 PM | | *DATE MODIFIED:* | 3/7/2019 3:53 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RP1F |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJT-CTTG-KQMG-GOAD-EPTO-GESS-CQBU-CESU-ECJA-GOSU-OQBI-GCSU-EC3S-GHHD-1PBO-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 16. The Estimated Average Requirement (EAR) refers to \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | an intake level estimated to meet the nutrient needs of 98% of healthy people | |  | b. | an intake value estimated to meet the nutrient needs of half the healthy individuals in a group | |  | c. | upper limits of a nutrient estimated to be compatible with health | |  | d. | standard levels of daily nutrient intake | |  | e. | an estimated level of nutrient intake for unhealthy people |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:53 PM | | *DATE MODIFIED:* | 3/7/2019 3:55 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RPTT |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMR-CTOU-NAUF-CE3D-ECTW-CASU-CA3W-CRSU-O3UB-GOSS-G3JU-GWSU-1C5F-GHHG-NCJI-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 17. Complex carbohydrates include \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | glucose, glycogen, and most types of fiber | |  | b. | glucose, sucrose, and fructose | |  | c. | starches, glycogen, and most types of fiber | |  | d. | starches, glucose, and sucrose | |  | e. | starches, glycogen, and glucose |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 3:55 PM | | *DATE MODIFIED:* | 3/7/2019 3:58 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RPTI |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJU-GF1U-NC5B-8F1D-Q3DB-CRSU-R3J1-8RSS-EPJT-GOSU-O3UD-GCSS-EP5F-CITD-ECJO-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 18. Which two monosaccharides are found in sucrose (table sugar)?   |  |  |  | | --- | --- | --- | |  | a. | glucose and lactose | |  | b. | glucose and glucose | |  | c. | glucose and maltose | |  | d. | glucose and fructose | |  | e. | maltose and lactose |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 3:58 PM | | *DATE MODIFIED:* | 3/7/2019 4:01 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RP4N |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJW-GE4G-KAJZ-CPTD-GA3I-CWSU-YCDF-8RSU-QC5B-GOSU-QATS-GRSU-YCTI-C31U-YCBA-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 19. Blood sugar is also known as \_\_\_\_\_, while fruit sugar is also known as \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | glucose; fructose | |  | b. | glucose; lactose | |  | c. | lactose; fructose | |  | d. | maltose; lactose | |  | e. | fructose; maltose |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 4:01 PM | | *DATE MODIFIED:* | 3/7/2019 4:03 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RP33 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMD-GB1U-GCB1-GW4D-NC3U-CESU-RPT3-8RSU-QPUR-GOSU-CQJW-GESU-RPTZ-GR4S-RPT1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 20. Human digestive enzymes are unable to break down \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | sucrose | |  | b. | glycogen | |  | c. | alcohol sugars | |  | d. | maltose | |  | e. | fiber |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 4:03 PM | | *DATE MODIFIED:* | 3/7/2019 4:06 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RP4R |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJT-CR5S-RCUB-CI1G-RCMB-GHSU-YQDN-8RSS-N3DD-GOSS-EPBU-CCSS-ECTZ-GYAS-KA5R-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 21. Carbohydrates that have a high glycemic index \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | provide amino acids that are required to build and maintain protein-based components in the body | |  | b. | reduce elevated levels of blood cholesterol and triglycerides | |  | c. | increase levels of HDL cholesterol | |  | d. | decrease the risk of developing type 2 diabetes | |  | e. | raise blood glucose levels higher than carbohydrates that have a low glycemic index |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 4:06 PM | | *DATE MODIFIED:* | 3/7/2019 4:09 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RP31 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJS-GTOU-EQJ3-GEAD-1AJO-CRSU-YPJW-CRSU-OC31-GOSU-YPTA-8YSU-CC5F-GCHS-NC3W-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 22. The only important animal source of carbohydrates is \_\_\_\_\_, which is found in \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | lactose; meat | |  | b. | glucose; meat | |  | c. | maltose; milk | |  | d. | lactose; milk | |  | e. | sucrose; milk |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 4:09 PM | | *DATE MODIFIED:* | 3/7/2019 4:12 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RP3I |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJW-GEAD-OPTA-GA4G-EATS-GOSS-K3BA-8RSU-OPUG-GOSU-EQBW-GOSS-GC3I-8RAS-GPJA-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 23. Triglycerides are composed of \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | two glycerol molecules attached to a fatty acid | |  | b. | two fatty acids attached to a glycerol molecule | |  | c. | three glycerol molecules attached to a fatty acid | |  | d. | three fatty acids attached to a glycerol molecule | |  | e. | three fatty acids attached to three glycerol molecules |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 4:12 PM | | *DATE MODIFIED:* | 3/7/2019 4:15 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RPB3 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMF-GO3S-KCJ1-8R4S-EA5N-8YSS-CA5F-CESU-CQJA-GOSS-NP3W-8RSU-RAMR-GYAD-NPDR-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 24. Which substance provides the most energy per gram?   |  |  |  | | --- | --- | --- | |  | a. | protein | |  | b. | fiber | |  | c. | fat | |  | d. | sucrose | |  | e. | glucose |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 4:15 PM | | *DATE MODIFIED:* | 3/7/2019 4:17 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RPNR |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-GJTD-EPJU-G3TD-YCJU-GASU-QCJO-8YSU-RQBO-GOSS-EPBW-GHSU-E3JI-CJUD-1PUF-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 25. Which of the following statements is true of carbohydrates?   |  |  |  | | --- | --- | --- | |  | a. | The monosaccharides glucose and galactose combine to form the disaccharide milk sugar. | |  | b. | Plants store complex carbohydrates in the form of starch. | |  | c. | Amino acids required for protein synthesis are obtained through carbohydrates in food. | |  | d. | The most basic form of carbohydrates is polysaccharides. | |  | e. | Simple and complex carbohydrates provide nine calories per gram. |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 4:17 PM | | *DATE MODIFIED:* | 3/7/2019 4:19 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RPKN |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJA-GR3D-YC5R-CF1G-E3DG-COSS-GCBW-CRSU-EATI-GOSU-RCBW-GCSS-K3MD-GYAU-GPB1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 26. If one double bond is present in one or more of fatty acids, the fat is considered \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | monosaturated | |  | b. | polysaturated | |  | c. | polyunsaturated | |  | d. | saturated | |  | e. | monounsaturated |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 4:20 PM | | *DATE MODIFIED:* | 3/7/2019 4:22 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RPKF |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMD-GWHS-RPTT-G71D-QA3S-GASU-QC3A-CRSS-KQDB-GOSS-GC3T-CESU-OCJU-CO4S-EQJ1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 27. LDL cholesterol is \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | lowered by intake of *trans* fatty acids | |  | b. | associated with heart-disease risk when present in high levels | |  | c. | associated with heart-disease risk when present in low levels | |  | d. | raised by intake of unsaturated fatty acids | |  | e. | unaffected by intake of saturated fatty acids |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 4:22 PM | | *DATE MODIFIED:* | 3/7/2019 4:24 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RPJT |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJO-8Y5S-ECBS-CW3U-13MR-GESU-QQJA-CRSS-KP33-GOSU-C3UG-8YSU-KCTW-GO5S-KPUF-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 28. Which of the following statements is true of proteins?   |  |  |  | | --- | --- | --- | |  | a. | Proteins provide two calories per gram. | |  | b. | Proteins obtained from food sources such as milk, cheese, and meat are considered low-quality proteins. | |  | c. | All plant sources of protein provide all the nine essential amino acids required by the body. | |  | d. | Proteins help build and maintain muscles, bones, enzymes, and red blood cells. | |  | e. | Proteins are made up of various types of triglycerides. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 4:24 PM | | *DATE MODIFIED:* | 3/7/2019 4:27 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-RPJZ |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMG-GC5S-GP33-8FUD-CC5N-CASU-E3DD-8YSU-R3MD-GOSU-1CBZ-8YSS-RQJZ-GAHG-GCBO-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 29. Essential amino acids \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | are produced by the human body | |  | b. | must be obtained through a person's diet | |  | c. | must be synthesized from nonessential amino acids | |  | d. | are abundant in lipids | |  | e. | are also referred to as dispensable amino acids |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 4:28 PM | | *DATE MODIFIED:* | 3/7/2019 4:30 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GOJA |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJW-CPOU-1PJA-G3UG-E3BI-GCSU-YP3I-8YSU-KCB1-GOSU-QPBI-8YSS-RCBT-8B1D-YAMD-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 30. There are \_\_\_\_\_ essential amino acids.   |  |  |  | | --- | --- | --- | |  | a. | 8 | |  | b. | 9 | |  | c. | 21 | |  | d. | 3 | |  | e. | 6 |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 4:31 PM | | *DATE MODIFIED:* | 3/7/2019 4:33 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GOKF |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJU-GOAD-QQJS-GB1U-R3JS-GHSS-NCUR-CESU-C3JA-GOSS-ECMD-GRSU-QATI-GW4G-R3DB-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 31. Which combination of proteins complements each other?   |  |  |  | | --- | --- | --- | |  | a. | grains and potato | |  | b. | grains and dried beans | |  | c. | seeds and milk | |  | d. | soybeans and milk | |  | e. | eggs and onions |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 4:34 PM | | *DATE MODIFIED:* | 3/7/2019 4:36 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GOKR |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMF-CFUD-EPTT-GBUG-GA5D-CRSS-CC3T-8YSU-KA5D-GOSU-CCJT-GHSU-EAJZ-GJTU-RPMF-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 32. Fat-soluble vitamins \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | are stored only for a few weeks by the body | |  | b. | include vitamins A, D, E, and C | |  | c. | can be consumed in very high amounts without causing harmful effects | |  | d. | can be stored in the body for months | |  | e. | are immediately metabolized by the body and never stored |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:00 PM | | *DATE MODIFIED:* | 3/7/2019 5:02 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQND |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJT-8Y3U-OPTA-CA3D-NAJA-GOSU-G3TT-8RSU-1CTI-GOSS-EC3U-GWSS-NA5B-CEHD-OC3O-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 33. Which vitamin acts as an antioxidant in the body?   |  |  |  | | --- | --- | --- | |  | a. | vitamin C | |  | b. | thiamin | |  | c. | riboflavin | |  | d. | biotin | |  | e. | vitamin D |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:02 PM | | *DATE MODIFIED:* | 3/7/2019 5:04 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQBT |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-CWAS-RP5N-GH5S-N3BW-GOSS-E3JS-8RSU-CC3U-GOSU-RAMB-CCSU-CA3U-CFOU-CC3O-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 34. Which term refers to chemical substances present in plants, some of which can affect body processes in humans that may benefit health?   |  |  |  | | --- | --- | --- | |  | a. | vitamins | |  | b. | coenzymes | |  | c. | phytochemicals | |  | d. | amino acids | |  | e. | minerals |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:05 PM | | *DATE MODIFIED:* | 3/7/2019 5:06 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQBZ |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-GBUG-RC3W-GCHD-CCTT-GASS-CQBA-8RSS-CAMF-GOSS-GPJO-CWSU-OAJS-CO5U-GCJA-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 35. After class, you go to Jamba Juice and get an "Orange-a-Peel" smoothie that contains the following nutrients: 9 g of protein, 102 g of carbohydrate, and 1 g of fat. How many total calories does this provide?   |  |  |  | | --- | --- | --- | |  | a. | 299 | |  | b. | 399 | |  | c. | 448 | |  | d. | 453 | |  | e. | 546 |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 3/7/2019 5:07 PM | | *DATE MODIFIED:* | 3/7/2019 5:09 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQBS |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJ3-G7TG-CC3I-GIUG-NA3U-GRSU-CCTI-CRSU-CCJZ-GOSS-KAMR-COSS-RP5N-CEAU-CCBW-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 36. After class, you go to Jamba Juice and get an "Orange-a-Peel" smoothie that contains the following nutrients: 9 g of protein, 102 g of carbohydrate, and 1 g of fat. Given that the Daily Value of total fat intake is 65 g, what is the % Daily Value of fat in the smoothie?   |  |  |  | | --- | --- | --- | |  | a. | 0% | |  | b. | 1.5% | |  | c. | 10% | |  | d. | 15% | |  | e. | 19% |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 3/7/2019 5:09 PM | | *DATE MODIFIED:* | 3/7/2019 5:11 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQKN |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJI-GTTS-GQMD-C3OU-O3BS-8YSU-KQJT-CRSS-KA33-GOSS-RPB3-COSS-NPJW-GC5U-GA5F-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 37. A woman eats half a pita bread sandwich filled with tuna salad for lunch. The entire sandwich contains 20 g of carbohydrate, 8 g of protein, and 5 g of fat. Calculate the approximate number of calories she obtains from this meal?   |  |  |  | | --- | --- | --- | |  | a. | 78.5 | |  | b. | 130 | |  | c. | 150 | |  | d. | 65.5 |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 3/7/2019 5:12 PM | | *DATE MODIFIED:* | 3/7/2019 5:13 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQJA |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJW-CW5U-13DG-CEAS-GCB3-GRSS-KPJZ-8YSU-GATI-GOSU-QCBT-GESS-RAJI-CWHD-Q3MR-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 38. The standard levels of nutrient intakes listed in the Nutrition Facts panel on packaged foods are known as \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | Daily Values | |  | b. | Adequate Intakes | |  | c. | Recommended Dietary Allowances | |  | d. | Recommended Intakes | |  | e. | Tentative Values |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 5:14 PM | | *DATE MODIFIED:* | 3/7/2019 5:15 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQKF |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-CW4D-OPBW-8BTG-R3T1-COSU-C3DB-CESU-OQJW-GOSS-RATA-GYSS-NP5R-CA3U-KP31-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 39. One example of an empty-calorie food is \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | dried fruit | |  | b. | red kidney bean in chili | |  | c. | lean meat | |  | d. | a cheese twist | |  | e. | nonfat yogurt |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:17 PM | | *DATE MODIFIED:* | 3/7/2019 5:19 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQJU |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GA4U-YAUN-GB1U-1PTU-GHSU-YPTZ-CESS-R3DN-GOSS-GPTI-GRSS-EATT-GB1U-KATZ-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 40. A 22-year-old woman exhibits fatigue, depression, and slow recovery from infections. Her skin begins to bruise easily, and her wounds heal poorly. The woman is suffering from a(n) \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | overdose of vitamin D | |  | b. | deficiency of biotin | |  | c. | deficiency of vitamin C | |  | d. | overdose of vitamin D | |  | e. | deficiency of choline |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 3/7/2019 5:21 PM | | *DATE MODIFIED:* | 3/7/2019 5:30 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GQJS |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJU-GEHD-QQMB-GYHG-GCMR-GYSU-1PB3-8YSS-E3TW-GOSS-G3BW-GASS-NPMN-CO4U-EA5B-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 41. Which nutrient is considered nonessential?   |  |  |  | | --- | --- | --- | |  | a. | vitamin C | |  | b. | iron | |  | c. | cholesterol | |  | d. | potassium | |  | e. | vitamin E |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:31 PM | | *DATE MODIFIED:* | 3/7/2019 5:32 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTJ3 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJ3-CITS-K3TT-GYAU-OP5R-COSS-RCJA-CESU-RCDD-GOSU-GA5N-CASU-CPDD-CO4D-OC5R-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 42. Which of the following statements defines anthropometry?   |  |  |  | | --- | --- | --- | |  | a. | It is defined as the study of diet- and nutrient-related functions and interactions of genes and their effects on health and disease. | |  | b. | It is defined in adults as blood pressure exerted inside blood vessel walls that typically exceeds 140/90 mmHg. | |  | c. | It refers to the study of the replacement of thiamin, riboflavin, niacin, and iron that are lost when grains are refined. | |  | d. | It is the science of measuring the human body and its various parts. | |  | e. | It refers to certain fiberlike forms of indigestible carbohydrates that support the growth of beneficial bacteria in the lower intestine. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 5:33 PM | | *DATE MODIFIED:* | 3/7/2019 5:35 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTKF |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-GE4D-ECTZ-GY5U-KQJI-CCSS-RPTA-CRSU-OCTW-GOSU-YQJ3-8RSU-R3TU-GITU-CA3Z-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 43. The balance of fluids, nutrients, gases, temperature, and other conditions needed to ensure proper functioning of cells is known as \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | regulation | |  | b. | homeostasis | |  | c. | energy balance | |  | d. | cellular respiration | |  | e. | metabolism |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 5:35 PM | | *DATE MODIFIED:* | 3/7/2019 5:38 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTJ1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJS-GHAS-EPUN-CR4U-RPJI-GYSU-O3JO-CRSU-GQDB-GOSS-GCDD-CWSU-Q3TS-CC5U-RPTI-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 44. Identify the disorder that is characterized by high levels of the amino acid phenylalanine present in the blood and can lead to mental retardation and poor growth.   |  |  |  | | --- | --- | --- | |  | a. | hemochromatosis | |  | b. | galactosemia | |  | c. | diabetes | |  | d. | hypertension | |  | e. | phenylketonuria |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:38 PM | | *DATE MODIFIED:* | 3/7/2019 5:41 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTJZ |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJI-GA4U-RP3Z-CE3U-Y3JO-CWSU-OC3T-CRSS-RCJT-GOSS-CPB3-GESU-N3MD-8R4D-R3J1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 45. Which of the following vitamins should be consumed in low quantities by a person who suffers from hemochromatosis?   |  |  |  | | --- | --- | --- | |  | a. | thiamin | |  | b. | vitamin A | |  | c. | vitamin D | |  | d. | vitamin C | |  | e. | biotin |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:41 PM | | *DATE MODIFIED:* | 3/7/2019 5:44 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GT1N |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-CA4D-QATA-CFOU-YPJS-8RSS-KAUD-8RSS-GPT1-GOSU-EQBT-GOSS-R3UD-C3TG-KPB1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 46. A person who consumes excessive amounts of alcohol is at the risk of developing \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | cirrhosis of the liver | |  | b. | iron-deficiency anemia | |  | c. | gum disease | |  | d. | osteoporosis | |  | e. | oxidative stress |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:44 PM | | *DATE MODIFIED:* | 3/7/2019 5:47 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTTA |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJI-GO5D-EPDN-GYHG-CQBI-CWSS-RP3Z-CRSU-C3BI-GOSS-GQJ3-COSS-N3DF-GO3G-KCBZ-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 47. Which among the following are water-soluble vitamins?   |  |  |  | | --- | --- | --- | |  | a. | vitamins A, D, E, and K | |  | b. | vitamins A and C | |  | c. | vitamins B-complex and C | |  | d. | vitamins B-complex and K | |  | e. | vitamins A, B-complex, and E |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:48 PM | | *DATE MODIFIED:* | 3/7/2019 5:51 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GT1G |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJA-CCHU-RQDF-CC5S-NQMD-GRSU-KPBW-CRSS-NP3I-GOSU-QATW-GWSS-CPDF-CE3U-C3JT-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 48. Which among the following are fat-soluble vitamins?   |  |  |  | | --- | --- | --- | |  | a. | vitamins A, D, E, and K | |  | b. | vitamins A and C | |  | c. | vitamins B-complex and C | |  | d. | vitamins B-complex and K | |  | e. | vitamins A, B-complex, and E |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:51 PM | | *DATE MODIFIED:* | 3/7/2019 5:53 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GT1R |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GITU-ECDN-GC4U-YAJU-GRSS-GQB1-CRSU-QQJU-GOSS-G3MB-8YSU-RPJZ-GR3D-OAJW-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 49. Which of the following statements is true of oxidative stress?   |  |  |  | | --- | --- | --- | |  | a. | It is a brain disease that represents the most common form of dementia and is characterized by memory loss. | |  | b. | It is the first response of the body's immune system to infectious agents, toxins, or irritants. | |  | c. | It is a condition that occurs when cells are exposed to more oxidizing molecules than to antioxidant molecules that neutralize them. | |  | d. | It is a disorder that interferes with the body's utilization of the sugar galactose found in lactose. | |  | e. | It is an event that occurs when a blood vessel in the brain ruptures or becomes blocked. |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:54 PM | | *DATE MODIFIED:* | 3/7/2019 5:56 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GT1D |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJW-GC4D-NP3A-8R3G-E3JT-8YSU-O3B3-8RSU-NPMN-GOSS-CCMR-GWSS-EQB3-CTTU-NQJU-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 50. Which food item can be labeled as "enriched"?   |  |  |  | | --- | --- | --- | |  | a. | juice | |  | b. | milk | |  | c. | bread | |  | d. | candy | |  | e. | apples |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 5:56 PM | | *DATE MODIFIED:* | 3/7/2019 5:58 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTTU |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-8BUD-KP5G-GBTD-R3UD-GRSS-NCT1-8RSS-R3JO-GOSU-YCTI-GESS-NCBS-GO4G-GCJW-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 51. By law, milk must be fortified with \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | vitamin D | |  | b. | vitamin C | |  | c. | calcium | |  | d. | iodine | |  | e. | folic acid |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 5:59 PM | | *DATE MODIFIED:* | 3/7/2019 6:07 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTT1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJT-CE4U-QATS-8Y5U-CCJT-GASU-E3JT-8YSS-CATS-GOSU-YPDN-GASS-RCBO-CW5U-OCBI-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 52. Fiberlike forms of indigestible carbohydrates that support the growth of beneficial bacteria in the lower intestine are called \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | minerals | |  | b. | refined elements | |  | c. | probiotics | |  | d. | prebiotics | |  | e. | antibiotics |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 6:03 PM | | *DATE MODIFIED:* | 3/7/2019 6:05 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTTZ |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMR-GTTU-QQMR-GA3G-RCT1-GASS-GATS-CESU-NPDR-GOSU-YCUD-GESU-KA5G-CAHS-KP5G-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 53. Which of the following food sources contains probiotics?   |  |  |  | | --- | --- | --- | |  | a. | cottage cheese | |  | b. | barley | |  | c. | rye | |  | d. | leek | |  | e. | garlic |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 6:07 PM | | *DATE MODIFIED:* | 3/7/2019 6:09 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GO4B |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJI-GYAG-KPTS-CJTG-RCT1-GASU-1QDG-CRSS-KQMB-GOSU-YP3W-CCSS-ECDB-8Y5S-EC5F-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 54.   |  |  |  |  | | --- | --- | --- | --- | | **Nutrition Facts** | | | | | Serving Size 1/4 cup (40g) | | | | | **Amount Per Serving** | | | | | **Calories** 170 | Calories from Fat 45 | | | | ​ | | | **% Daily Value\*** | | **Total Fat** 5g | | | **5**% | | Saturated Fat 0.5g | | | **3**% | | *Trans* Fat 0g | | | ​ | | **Cholesterol** 0mg | | | **0**% | | **Sodium** 10mg | | | **0**% | | **Potassium** 310mg | | | **9**% | | **Total Carbohydrate** 31g | | | **10**% | | Dietary Fiber 2g | | | ​ | | Sugars 29g | | | ​ | | **Protein** 1g | | | **2**% | | Vitamin A 0% | • | Iron 6% | | | Calcium 2% | • | ​ | |   ​  What is the percent of calories obtained from fat?   |  |  |  | | --- | --- | --- | |  | a. | 3% | |  | b. | 16% | |  | c. | 26% | |  | d. | 35% | |  | e. | 45% |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *PREFACE NAME:* | Use the given nutrition label to answer question | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Apply | | *DATE CREATED:* | 3/7/2019 6:23 PM | | *DATE MODIFIED:* | 3/8/2019 3:07 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GO3I |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJO-CA4G-GPDF-8Y5U-QCJS-CWSU-K3MF-CRSU-QATA-GOSU-KAMF-8RSU-R3BZ-CO3D-NQMB-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | | *PREFACE GLOBAL ID:* | GCID-24d7b5e7d3d9-45c8-e5d4-2d7c-c5b4a207 | |

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| 55.   |  |  |  |  | | --- | --- | --- | --- | | **Nutrition Facts** | | | | | Serving Size 1/4 cup (40g) | | | | | **Amount Per Serving** | | | | | **Calories** 170 | Calories from Fat 45 | | | | ​ | | | **% Daily Value\*** | | **Total Fat** 5g | | | **5**% | | Saturated Fat 0.5g | | | **3**% | | *Trans* Fat 0g | | | ​ | | **Cholesterol** 0mg | | | **0**% | | **Sodium** 10mg | | | **0**% | | **Potassium** 310mg | | | **9**% | | **Total Carbohydrate** 31g | | | **10**% | | Dietary Fiber 2g | | | ​ | | Sugars 29g | | | ​ | | **Protein** 1g | | | **2**% | | Vitamin A 0% | • | Iron 6% | | | Calcium 2% | • | ​ | |   ​  Which mandatory nutrient is missing from the food label?   |  |  |  | | --- | --- | --- | |  | a. | unsaturated fats | |  | b. | simple sugars | |  | c. | vitamin C | |  | d. | vitamin K | |  | e. | biotin |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *PREFACE NAME:* | Use the given nutrition label to answer question | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 6:27 PM | | *DATE MODIFIED:* | 3/8/2019 2:25 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTNG |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-8Y3U-GQJU-GY3G-GAMG-CASU-RPB1-8RSU-CCBU-GOSS-GA3T-GASU-C3B1-GB1S-NC5R-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | | *PREFACE GLOBAL ID:* | GCID-24d7b5e7d3d9-45c8-e5d4-2d7c-c5b4a207 | |

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| 56.   |  |  |  |  | | --- | --- | --- | --- | | **Nutrition Facts** | | | | | Serving Size 1/4 cup (40g) | | | | | **Amount Per Serving** | | | | | **Calories** 170 | Calories from Fat 45 | | | | ​ | | | **% Daily Value\*** | | **Total Fat** 5g | | | **5**% | | Saturated Fat 0.5g | | | **3**% | | *Trans* Fat 0g | | | ​ | | **Cholesterol** 0mg | | | **0**% | | **Sodium** 10mg | | | **0**% | | **Potassium** 310mg | | | **9**% | | **Total Carbohydrate** 31g | | | **10**% | | Dietary Fiber 2g | | | ​ | | Sugars 29g | | | ​ | | **Protein** 1g | | | **2**% | | Vitamin A 0% | • | Iron 6% | | | Calcium 2% | • | ​ | |   ​  Refined grain flours must be fortified with \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | vitamin C | |  | b. | iodine | |  | c. | dietary fiber | |  | d. | vitamin A | |  | e. | folic acid |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *PREFACE NAME:* | Use the given nutrition label to answer question | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 6:33 PM | | *DATE MODIFIED:* | 4/5/2019 2:23 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTBO |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJW-GW3D-YA3A-C3TD-RAMD-GCSS-KC3A-CESU-RQMR-GOSS-CPBW-GOSU-RA31-G7UD-RP3A-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | | *PREFACE GLOBAL ID:* | GCID-24d7b5e7d3d9-45c8-e5d4-2d7c-c5b4a207 | |

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| 57. Foods permitted for consumption according to Islamic dietary laws \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | are called kosher foods | |  | b. | are called halal foods | |  | c. | include alcoholic beverages | |  | d. | do not include meats | |  | e. | include pork |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | The Life-Course Approach to Nutrition and Health | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.3 - Cite two examples of how nutrient needs change during the life cycle and how nutritional status at one stage during the life cycle can influence health status during another. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 6:36 PM | | *DATE MODIFIED:* | 3/7/2019 6:38 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GTBI |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMR-GE5D-OCJI-GFTS-N3UB-GOSS-EATS-8RSU-N3J3-GOSU-EP5F-CWSS-KQJI-GJTS-NPTI-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 58. Which of the following statements is true?   |  |  |  | | --- | --- | --- | |  | a. | Prebiotics are strains of lactobacilli and bifidobacteria that have beneficial effects on the body. | |  | b. | Cottage cheese, kefir, buttermilk, and miso are sources of prebiotics. | |  | c. | Intake of probiotics causes diarrhea and other infections in the gastrointestinal tract. | |  | d. | The breakdown products of prebiotics foster the growth of beneficial bacteria. | |  | e. | Probiotics are fiberlike forms of indigestible carbohydrates. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Labeling | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.2 - Apply knowledge about the elements of nutrition labeling to decisions about the nutritional value of foods. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 6:39 PM | | *DATE MODIFIED:* | 3/7/2019 6:41 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GCTA |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJO-GPTU-CAMR-GEAG-NPJW-CASU-RPBU-8RSS-RC5N-GOSS-RA5N-GYSS-NPJS-GAHU-GA3A-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 59. Which of the following is caused by phylloquinone deficiency?   |  |  |  | | --- | --- | --- | |  | a. | abnormal bone growth | |  | b. | fishy body odor | |  | c. | decreased calcium in bones | |  | d. | impaired vision | |  | e. | infertility |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 6:41 PM | | *DATE MODIFIED:* | 3/7/2019 6:43 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GC1R |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJZ-GE3U-RPBZ-GPOS-NCUD-CWSU-1ATW-CESU-GPT3-GOSU-R3UD-GYSS-GCTZ-GA3S-KP3W-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 60. Which term refers to the repeated use of questions that hone the accuracy of information provided by interviewees about the food they ate the previous day?   |  |  |  | | --- | --- | --- | |  | a. | diet narrative | |  | b. | anthropometrics | |  | c. | quantitative testing | |  | d. | multiple pass | |  | e. | 24-hour recall |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 6:44 PM | | *DATE MODIFIED:* | 3/7/2019 6:47 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GCT1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMF-GW4D-CA3O-CFUD-E3BO-GRSS-N3BT-8YSS-RPJ3-GOSS-CAJI-8RSU-EAUB-GFOS-R3MB-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 61. The Healthy Eating Index \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | assigns scores based on the extent to which diets meet recommended standards of intake | |  | b. | assesses a person's dietary intake based on 12 dietary components | |  | c. | is primarily used for monitoring an individual's dietary quality | |  | d. | bases its guidelines on Food and Drug Administration dietary restrictions | |  | e. | cannot be used for research purposes to assess population dietary quality |  |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 6:47 PM | | *DATE MODIFIED:* | 3/7/2019 6:49 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GCTI |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJ1-8B1U-R3TS-GA5G-KPTZ-8YSS-RC3I-8RSU-ECTA-GOSS-NQBO-GASU-CP3U-GITG-GCUD-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 62. An example of an anthropometric measurement is the \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | number of servings of fruit an individual eats in a day | |  | b. | amount of fat in a serving of ice cream | |  | c. | height of an individual | |  | d. | percentage of a population that meets dietary intake requirements | |  | e. | percent Daily Value of vitamin C in orange juice |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 6:50 PM | | *DATE MODIFIED:* | 3/7/2019 6:52 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GCTW |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GA4G-GQJZ-CO4G-CPMG-GASS-KQBI-CESU-OCBI-GOSS-GATW-GASU-KQDR-GH4S-EC5N-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 63. A young child who tires easily and has a short attention span may have blood taken for analyses of hemoglobin and serum ferritin to assess \_\_\_\_\_ levels.   |  |  |  | | --- | --- | --- | |  | a. | calcium | |  | b. | iron | |  | c. | vitamin B | |  | d. | sodium | |  | e. | fiber |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 6:52 PM | | *DATE MODIFIED:* | 3/7/2019 6:55 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GC4N |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJZ-CITD-GCJ3-CO3D-GAJO-GRSS-GQJ1-8YSU-NCBS-GOSS-RAJT-GWSU-CPBS-CO5D-EP3I-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 64. Continuous assessment of nutritional status for the purpose of detecting changes in trend or distribution in order to initiate corrective measures is called \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | the automated multiple-pass method | |  | b. | biochemical assessment | |  | c. | anthropometry | |  | d. | nutrition monitoring | |  | e. | nutrition surveillance |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition Assessment | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.4 - Describe the components of individual-level nutrition assessment. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 6:55 PM | | *DATE MODIFIED:* | 3/7/2019 6:58 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GC33 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJA-GJTD-1ATO-GH3D-EQDN-GHSU-E3DN-CRSS-EATS-GOSU-Y3DF-GHSS-GPDD-CCAU-KC3U-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 65. Which statement about national food and nutrition programs is true?   |  |  |  | | --- | --- | --- | |  | a. | The School Lunch Program is the United States' largest food assistance program. | |  | b. | Women with incomes above the poverty line are automatically ineligible for WIC. | |  | c. | None of the USDA food assistance programs have been shown to be cost effective. | |  | d. | WIC vouchers can be exchanged for peanut butter, fruits, and vegetables. | |  | e. | WIC provides food vouchers for low-income men and women. |  |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 | | *REFERENCES:* | Public Food and Nutrition Programs | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.5 - Identify the basic elements of four public food and nutrition programs. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 6:58 PM | | *DATE MODIFIED:* | 3/7/2019 7:01 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GC4F |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJT-G3OU-CQBA-G3TS-K3DF-GOSS-NCUB-CESS-CPJO-GOSU-YPBT-GWSU-CCJI-CO5D-EA5G-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 66. A person whose diet includes regular intake of high-fat animal products and low intake of olive oil, vegetables, fruits, fish, wine, and whole grains is likely to develop \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | gum disease | |  | b. | osteoporosis | |  | c. | anemia | |  | d. | hypertension | |  | e. | Alzheimer's disease |  |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 7:02 PM | | *DATE MODIFIED:* | 3/7/2019 7:05 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GC4D |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMN-G3OS-R3J1-GFTS-KCJW-GASU-GQBI-8YSU-N3TZ-GOSU-YAT3-CRSS-N3TI-CRAS-CPUF-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 67. The Dietary Guidelines for Americans must be updated every \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | 6 months | |  | b. | year | |  | c. | 5 years | |  | d. | 10 years | |  | e. | 15 years |  |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.6 - Apply the characteristics of healthy dietary patterns to the design of one. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 7:05 PM | | *DATE MODIFIED:* | 3/7/2019 7:43 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GC3S |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMF-GF1D-YCDB-CI1S-RA3T-CCSS-NCBO-CRSU-ECDB-GOSU-QAUF-GWSS-RCB3-G7UG-C3BO-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 68. Healthy dietary patterns include the regular consumption of \_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | refined grain products | |  | b. | all types of nuts | |  | c. | processed meat | |  | d. | tropical oils | |  | e. | foods high in saturated fats |  |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 | | *REFERENCES:* | Nutrition and Health Guidelines for Americans | | *QUESTION TYPE:* | Multiple Choice | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.6 - Apply the characteristics of healthy dietary patterns to the design of one. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 7:08 PM | | *DATE MODIFIED:* | 3/7/2019 7:11 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GCNG |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJS-CP1D-NCUG-CAAS-GCDN-GWSU-RP3T-8RSS-NQDB-GOSU-EPUB-GOSU-OCJT-8Y5D-K3TW-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| Matching   |  |  | | --- | --- | | a. | A unit of measure of the amount of energy supplied by food | | b. | A chemical substance that prevents or repairs damage to cells caused by oxidation | | c. | The chemical changes that take place in the body | | d. | The building blocks of proteins | | e. | Chemical substances that activate enzymes | | f. | The chemical substances present in plants that affect body processes and may benefit health | | g. | Blood pressure exerted inside blood vessels that typically exceeds 140/90 mmHg | | h. | A fatlike substance found in all animal cell membranes | | i. | The process of making oils solid by adding hydrogen to the double bonds of their unsaturated fatty acids | | j. | A condition caused by the rupture or blockage of a blood vessel in the brain |  |  |  | | --- | --- | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Matching | | *HAS VARIABLES:* | False | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Remember | | *DATE CREATED:* | 3/7/2019 7:11 PM | | *DATE MODIFIED:* | 3/7/2019 7:31 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GCND | |

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| 69. Hypertension   |  |  | | --- | --- | | *ANSWER:* | g | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 70. Phytochemicals   |  |  | | --- | --- | | *ANSWER:* | f | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBER | |

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| 71. Calorie   |  |  | | --- | --- | | *ANSWER:* | a | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNB8R | |

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| 72. Metabolism   |  |  | | --- | --- | | *ANSWER:* | c | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNB8Y | |

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| 73. Coenzyme   |  |  | | --- | --- | | *ANSWER:* | e | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEA | |

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| 74. Hydrogenation   |  |  | | --- | --- | | *ANSWER:* | i | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEW | |

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| 75. Stroke   |  |  | | --- | --- | | *ANSWER:* | j | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEO | |

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| 76. Cholesterol   |  |  | | --- | --- | | *ANSWER:* | h | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEC | |

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| 77. Antioxidant   |  |  | | --- | --- | | *ANSWER:* | b | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBGC | |

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| 78. Amino acids   |  |  | | --- | --- | | *ANSWER:* | d | | *POINTS:* | 1 |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMB-GH3D-RP3I-GA4D-NP5D-GESU-13JT-8RSU-KPUR-GOSU-RC5N-GHSS-GPJ1-GR5G-K3B1-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBGE | |

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| 79. Explain the connection between energy-dense and empty-calorie foods.   |  |  | | --- | --- | | *ANSWER:* | Many energy-dense foods are nutrient poor, or contain low levels of nutrients given their caloric value. These foods are sometimes referred to as empty-calorie foods and include products such as soft drinks, sherbet, hard candy, alcohol, and cheese twists. Excess intake of energy-dense and empty-calorie foods increases the likelihood that calorie needs will be met or exceeded before nutrients needs are met. | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Subjective Short Answer | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 7:35 PM | | *DATE MODIFIED:* | 3/7/2019 7:38 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GCJU |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMJT-CEHS-NQMB-GA5S-R3UB-8YSU-C3UD-8RSU-K3T1-GOSU-G3TI-CCSU-Q3UF-CJ1D-OATS-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |

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| 80. Describe the "ripple effect" relating to nutrient intake.   |  |  | | --- | --- | | *ANSWER:* | Dietary changes affect the level of intake of many nutrients. Switching from a high-fat to a low-fat diet, for instance, may result in a lower intake of calories and higher intake of dietary fiber and vitamins. Consequently, dietary changes introduced for the purpose of improving intake of a particular nutrient produce a "ripple effect" on the intake of other nutrients. | | *POINTS:* | 1 | | *REFERENCES:* | Principles of the Science of Nutrition | | *QUESTION TYPE:* | Subjective Short Answer | | *HAS VARIABLES:* | False | | *STUDENT ENTRY MODE:* | Basic | | *LEARNING OBJECTIVES:* | NTLC.BRWN.20.1.1 - Demonstrate a working knowledge of the meaning of the 10 nutrition concepts presented. | | *KEYWORDS:* | Bloom's: Understand | | *DATE CREATED:* | 3/7/2019 7:40 PM | | *DATE MODIFIED:* | 3/7/2019 7:42 PM | | *QUESTION ID:* | JFND-GO4N-EIBW-GP1R |  |  |  | | --- | --- | | *QUESTION GLOBAL ID:* | GCID-E7BW-1TBP-CRAD-YPMR-GOAU-RPTA-GAA1-4QMR-CTO1-4A5N-GR4N-4CMF-GPUN-4AJO-GB1S-GCJT-CIDI-GWN8-EPRW-EMMR-GCHG-K3TW-G71S-NPMF-8RSS-N3MG-CRSS-CCUF-GOSS-ECUN-GHSS-N3TW-GAAU-G3TU-E7JI-YT4D-JFNN-4OTI-GO4W-NQNBEE | |